

Dieta[®]



**DIETA MIXER KETTLE
COOKBOOK**



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THANK YOU FOR CHOOSING THE DIETA KETTLE!

Dieta mixer kettle was a smart choice by you - It can combine three food preparation functions: cooking, mixing and chilling. Thereby saving time, labor, and manual work. Additionally, it will increase the level of food safety and productivity of your kitchen.

This publication contains the most commonly used cooking procedures with Dieta mixer kettles. Here you can find a range of preparation styles and cooking procedures for side dishes, soups, sauces, stews, desserts, and also hints on what else you can make with mixer kettle.

The procedures and recipes here are intended as instruction for what you can do with mixer kettle. Feel free to adapt and modify them to your own needs.

Please note that this cookbook is not a user manual It is only intended as inspiration for working with mixer kettles. For trouble free use of kettles and in order to make the best use of this cookbook, please read the user manual, which was supplied with the kettle.

We wish you every success with your Dieta Kettle!

DIETA team





SIDES





Vegetables

General

Vegetables should be cooked very gently to maintain vitamins and color.

To keep the structure of fragile vegetables as well as possible, cook in a shallow kettle. Most of the Dietatec MixerKettles have a very shallow form to ensure the best quality when cooking vegetables.

Do not overcook.

Cook only until tender, or 'al dente'. Overcooking will deteriorate taste and color. Keep in mind, that some cooking will take place even during chilling and warm holding.

Season after cooking

To decrease the amount of sodium, salt should be added at the final stage of cooking. This way the vegetable shall taste salty, but requires only a half of the amount normally needed. Also remember, that salt in the cooking water will toughen some vegetables.

Serve immediately

Serve immediately after cooking. Warm holding will destroy vitamin-C and deteriorate color, especially when holding in devices that have high holding temperature, or where temperature fluctuates. Take the vegetables out of the kettle immediately after cooking to avoid excess cooking (the kettle will stay warm for hours).

COOKING PROGRAM

*Vegetables 100%,
Water 50%*

STEP 1

- "Add vegetables" -note
- Cook: 93°C,
 - Time 30min
 - Water 50%
 - Mixer: Forward, pause; speed 10

"STEP 2"

Draw water out using a strainer plate



Cooking in steam

Minimize the amount of water by cooking in steam: put a small amount of water in the kettle, set temperature to +93... +98°C and bring to boil. Add the vegetables, close lid, and cook until done.

To see that the temperature is right, after a couple of minutes cooking (with the vegetables), open the lid – a considerable amount of steam should escape. If not, increase temperature. The amount of water needed should be so little, that after cooking only some water is left.

When cooking first time, open the kettle a couple of times to see that some water is left on the bottom of the kettle. Add water if needed. After cooking, write down the amounts of water and vegetable so that you need not do the testing again.

Products with sticky structure

For products with heavy mass, with low viscosity, with long fabrics or with sticky structure (e.g. raw cabbage) it is recommended to use only mixing hook for mixing. As these type of products can be so sticky, that they do not mix properly rather move as one mass.

If still preferred to use standard mixing tool, first cook and wait that product has become tender, then mixing is possible. Example water amount is approx. 10 liters of water to 100 kilos of cabbage.

Cooking dried vegetables .

Avoid overnight soaking. Just pre-soak the time recommended in the package, and

Cooking frozen vegetables

As a rule, cook frozen vegetables from frozen state. Thaw partially (in a refrigerator) only such vegetables that are stuck together (like spinach) and need separation before cooking.

Do not cook in large lumps, because the surface will overcook.

Most of the frozen vegetables are partially precooked, and thus you do not need to cook them as long as fresh vegetables. Check the doneness from the package. Some items may be fully cooked, and need only rethermalizing!

Do not refreeze thawed or partially thawed vegetables.

Frozen pre-processed (diced, shredded, sliced) vegetables are excellent to increase kitchen's product variety and to reduce labour costs.

Combine-Cook-and-Serve

Use pre-processed vegetables and meat. Combine before cooking (no washing, dicing etc.) and cook until done. Since there is no preparation, the variety of foods may be very wide at very low labour costs.



Sauerkraut

To make sauerkraut, or other cabbage based products, use combination of standard mixing tool's bottom scraper and mixing hook.

First low roast the bacon on the bottom of the kettle and when bacon is ready remove the bottom scraper from mixing tool. Now you have only mixing hook in the kettle and then you can add raw cabbage and seasons. Mixing with speed 60...100, it should take only few minutes to fully mixed construction.



Legumes

Avoid overnight soaking. Just pre-soak the time recommended in the package, and use enough time to ensure proper cooking of the proteins and other harmful substances. In general, big beans require longer soaking and cooking times than small beans.

If you do not want to soak at all, put dried beans in the kettle and cover with water. Bring to boil and let stand 1 hour covered, heating off. Cook then at +93...+98°C according to the times stated below..

COOKING TIMES

Safe cooking times (after proper soaking):

	minutes
adzuki bean	45
black eyed bean	30
chick pea (garbanzo)	45 ... 75
kidney bean	45 ... 60
lentils	20 ... 30
lima bean	30
mung bean	20 ... 30
pea (yellow or green)	60
soya bean	30 ... 90



Boiling Pasta

When cooking pasta only use *Forward, long pause 10...20* which does not break the pasta. Use ample amount of water (water 70%, pasta 10%). Note, that almost all the kettles are so wide that you can utilize the whole volume of the kettle [except 400 liter and 470 liter kettles] to cook pasta.

When pasta is cooked, attach strainer plate and pour excess water out. You can start the water fill at the same time to get the pasta rinsed as well!

Volumes for Pasta

Kettle size	Recommended batch [uncooked]	Portions, á 50g [uncooked]
40	5 kg	100
60	8 kg	150
80	10 kg	200
100	13 kg	250
150	19 kg	380
200	25 kg	500
300	38 kg	750
400	50 kg	1000
470	59 kg	1180

COOKING PROGRAM

*Pasta 10%,
Water 70%*

STEP 1

- Cook: 94°C,
- Water 70%
- Mixer: Forward only; speed 10

STEP 2

- "Add pasta" - note
- Cook: 94°C,
 - Time: 8min
 - Mixer: Forward, long pause; speed 10

"STEP 3"

Draw water out using a strainer plate



Boiling Rice

Rice can be cooked with same process as pasta, *Forward, long pause 10...20*. It can be cooked either with ample water [water 300%, rice 100%] or with less water [water 200%, rice 100%].

When rice is cooked, attach strainer plate and pour excess water out.

Volumes for Rice

Kettle size	Recommended Portions, batch [uncooked]	à 75g [uncooked]
40	10,5 kg	140
60	16,5 kg	220
80	22 kg	290
100	26,5 kg	350
150	40.5 kg	540
200	55 kg	740
300	78 kg	1050
400	107,5 kg	1440
470	127,5 kg	1710

COOKING PROGRAM

*Rice 100%,
Water 300%/ [with ample water] or
Water 200% [with less water]*

STEP 1

- Cook: 90°C,
- Water 300%/200%
- Mixer: Forward only; speed 10

STEP 2

- "Add rice" - note
- Cook: 90°C,
 - Time: 20min
 - Mixer: Forward, long pause; speed 10

"STEP 3"

Draw water out if needed

Fried rice

For fried rice make the rice earlier and chill it. Start with pre-heating kettle to 115°C with oil. First prepare seasons/vegetable mixture first. Then add the ready-made rice in smaller portions [to prevent kettle from cooling down].

Rice pilaf

Rice pilaf is a tasty and foolproof alternative to your standard rice side dish. Pre-heat kettle to 115°C and add oil, onions and possible seasonings (e.g. curry). Then sauté the rice and after that add liquids (e.g. chicken stock, soya sauce) and boil in 90...96°C with Forward, long pause; 10...20. If you want, you can add pre-cooked meat or chicken at the end.



Boiling Potatoes

Recommended temperatures: 90...95°C. Use gentle mixing, since the potatoes tend to break before you have drained the excess water out. Speed up boiling time by choosing potatoes of uniform size or by cleaving the largest potatoes.

For boiling only or for mashing only (if you add only butter and spices but no milk), you may fill the kettle up to the nominal volume.

Volumes for Potatoes

Kettle size	Recommended Portions, batch	
	[uncooked]	á 150g [uncooked]
40	19,5 kg	130
60	30 kg	200
80	42 kg	280
100	49,5 kg	330
150	75 kg	500
200	105 kg	700
300	156 kg	1040
400	216 kg	1440
470	258 kg	1720

COOKING PROGRAM

Potatoes 100%
Water 45% (with ample water) or
Water 25% (with less water),

STEP 1

- "Add potatoes" -note
- Cook: 90°C,
- Time: 30min
- Water: 45%/25%
- Mixer: Forward, long pause; speed 20

"STEP 2"

Draw water out using a strainer plate

Potatoe Purée

Mashed potatoes, procedure 1

Put first the mixer tool in the kettle. Then add potatoes. Boil potatoes in a small amount of water. Use 1 liter of water to 3 kg of potatoes. With this method water must boil very strongly so that all the potatoes are under bubbling starchy water. Otherwise the potatoes on the top cook slower and the mash becomes lumpy.

When the potatoes are cooked and almost all the water gone, turn mixer on ForwardOnly speed 50...70. After approx. 10 to 15 minutes, when the potatoes are mashed totally, add milk (and/or cream) with salt and butter/margarine. You probably have to decrease speed at the beginning, since the loose liquid on top of the mash tends to spill easily.

Kettles with the standard tool make mash in a few minutes. When adding liquid, always remember to start mixing at a lower speed.

Increase speed as desired at the end of the procedure to mix air to the mash.

With this method potato taste, vitamins and minerals are preserved best. Also the procedure is easiest, because one operation step (pouring of boiling water) has been removed. Because the amount of milk is small, the taste may be made better with cream and butter. You need very starchy good quality potatoes for this method – and preferably overcooked.

Additional information

In both procedures use either warm or cold milk. If you use warm milk turn the heating off immediately after starting the mixer. It is preferable to use cold milk since the the danger of burning yourself is smaller.

You can keep 80°C temperature in the jacket for some time at the beginning of the mixing procedure - this will warm up the milk as desired. Never leave heating on after the mash is done.

If potato is not starchy, it must be thoroughly overcooked. It may be necessary to use longer mixing times.

If you want lighter and fluffier mash, after the normal mash is ready, restart mixing with high speed 'forward only' and let mix a couple of minutes. Note! You cannot use the maximum batches as stated earlier because the mixture will spill. With the bottom tool you can use also the maximum batches!

Adding butter or margarine may be done either at the beginning of mashing - or at the end.



COOKING PROGRAM,

Water 20%
Potatoes 80%
Milk 10%
Butter 3%

STEP 1

"Add potatoes"

- Cook: 96°C,
- Time: 32min
- Water 20%
- Mixer: Forward, long pause; speed 20

STEP 2

- Time: 10min
- Mixer: Auto-Reverse; speed 120

STEP 3

"Add milk"

- Time: 4min
- Mixer: Auto-Reverse; speed 60

STEP 4

"Add butter"

- Cook: 90°C,
- Time: 11min
- Mixer: Forward only; speed 100

Mashed potatoes, procedure 2

Put first the mixer tool in the kettle. Then add potatoes. Boil potatoes normally. Use water so that the potatoes are just under water. Cook at approximately +90...+95°C.

When the potatoes are cooked, pour water from the kettle using a strainer plate. Leave the mixer tool in it's place. Note! After the boiling the mixer tool is hot: to avoid burning use an oven mitten.

When almost all of the water has been poured off, raise the kettle up to the cooking position, close lid and turn on the mixer with programs mentioned here earlier. After 10 to 15 minutes add milk or cream, butter or margarine and salt.



COOKING PROGRAM

Water 40%
Potatoes 80%
Milk 20%
Butter 3%

STEP 1

"Add potatoes"
- Cook: 96°C,
- Time: 30min
- Water 40%
- Mixer: Forward, long pause; speed 20

STEP 2

Draw water out using a strainer plate
- Time: 10min
- Mixer: Auto-Reverse; speed 120

STEP 3

"Add milk"
- Time: 4min
- Mixer: Auto-Reverse; speed 60

STEP 4

"Add butter"
- Cook: 90°C,
- Time: 11min
- Mixer: Forward only; speed 100



Spiced mashed potatoes

Add spinach [or other spices] in the purée at the first part of the chosen mixer procedure. If you are using an additional component as thick as sauerkraut, add the component after milk/cream has been added or at the same time when adding milk/cream.

Mashed potatoes from powder

See mixing ratios from the manufacturer's instructions

Use a cold kettle. If the kettle is warm rinse it with cold water or cool it the normal way. Fasten the mixing tool. Put all the ingredients in the kettle. Note: because of the extremely efficient mixing, you must use 10 to 15% more liquid if you make the mash in a MI / MX kettle. Start mixer at ForwardOnly 100...140. Increase speed as high as possible. Let mix 2 to 3 minutes.

Switch the heating on at 90°C. When the mixture is hot the mash is ready.

Mashed potatoes [Cold-Preparation]

Use a cold kettle. If the kettle is warm rinse it with cold water or cool it the normal way. Fasten the mixing tool. Put all the ingredients in the kettle (mash powder or flakes). Note: because of the extremely efficient mixing, you must use 15 to 20% more liquid if you make the mash in a MI / MX kettle. Start mixer at ForwardOnly 100...140. Increase speed as high as possible. Let mix 2 to 5 minutes.

Chill down to desired cold holding temperature. Move to GN containers. Use lids with seal if necessary.



Root Purée

If you are making a root purée (a vegetable bisque), all roots must be cooked very soft. Carrot and rutabaga may be boiled separately very soft e.g in a combi-oven. Another alternative is to boil them with the potatoes shredded, sliced or cubed.

COOKING PROGRAM

Water 35%
Roots 70%

STEP 1

"Add vegetables"

- Cook: 96°C,
- Time: 30min
- Water 35%
- Mixer: Forward, pause; speed 20

STEP 2

Draw water out using a strainer plate

- Time: 12min
- Mixer: Auto-Reverse; speed 120

STEP 3

- Cook: 90°C,
- Mixer: Forward only; speed 60

SOUPS

Cooking soups in a MixerKettle requires no special tricks. Just follow your favorite recipe. Use gentle mixing (Forward, long pause 10...30) to ensure even temperatures and even doneness in the soups.

You can start making soups from meat stripes, or ground meat like (look at section 'Meat') at 115°C temperature. Then add water, possible colour (for example tomato in a minestrone soup), vegetables and roots.

For spicing just use your favorites, or use stock powder or stock paste.

When meat is cooked and all other ingredients added, change to Forward, long pause 10...30. With right selection of mixing modes even the most delicate ingredients do not get mashed and the temperature variations (doneness) between different parts of the food stay minimal.

Using convenience foods

Especially when making soups you can benefit from using convenience foods like blanched cubed/striped roots or vegetables. The preparation time is minimal – and you still have full control on the ingredients, taste and overall quality (which you do not have if you just reheat ready made food).

Combine-Cook-and-Serve

Quick soups from pre-processed ingredients

Traditional soups

Make soups as you have always made them. To achieve better quality (even temperature), use mixing Forward, long pause 10...20 with the standard tool. Very slow mixing does not harm the foodstuffs.

Cream soups

You can make all the traditional CREME -soups very easily with Dietatec MixerKettles. The constant – and still gentle mixing allows making the most difficult soups with ease.

When preraping soups that contain root or vegetable purees, remember to shred or slice the ingredients before cooking and mashing them in the kettle.



Volumes for main Soups

Kettle size	Portions, á 350 ml
40	100
60	160
80	220
100	260
150	400
200	540
300	770
400	1060
470	1260

Volumes for appetizer Soups

Kettle size	Portions, á 220 ml
40	160
60	250
80	350
100	410
150	640
200	860
300	1230
400	1680
470	2000



Soup, basic process

With these two methods you can easily make hundreds of different soups based on sauce recipes.

Method 1:

Prepare a thin sauce using any of the recipes. Use mixing Forward, long pause 10...20 with the standard tool.

Add ingredients that do not require cooking or only a little cooking (cheese to melt in, ham in cubes, shrimps etc.) at the end. Season to taste.

Method 2:

Put a little oil or butter in the kettle. Add cubed or sliced onions or bell peppers or minced meat etc. in the kettle. Mix and cook at maximum temperature for a while (do not overcook – you have to cook a bit more with the gravy mixture). Add water and after the mixture is boiling, your favourite gravy mix stirred in cold water. Cook until done.

Pea Soup

To soak peas overnight, put the dried peas in the kettle, add water just enough to cover them – and 10...20 cm of ice cubes (deep kettles high, shallow kettles low), close lid.

Cook until done, usually minimum 1,5 hours. Spice with salt and marjoram, garnish with a pea pod (in picture) or fresh marjoram.

German version:

add 50...80 g piece of smoked pork loin per portion when serving.

Traditional Finnish version:

add 10...20g smoked ham in small pieces to the soup.

New Finnish version:

Sauté 10...20g coarsely ground pork on the bottom of the kettle (See page 23). Store in a heated drawer or cupboard. Garnish the portion sprinkling the meat on.



Bouillabaisse

Start with boiling vegetables (leek, onion, tomato, celery, garlic, etc.) in 92°C mixing *Forward, pause 10...20.*

Add seafood and boil until they are ready. Season (fennel, saffron, basilica, bay leaves, orange peel, etc.) and heat to serve!

Fish Soups

Scandinavian Salmon Soup

Prepare a fish stock in the kettle using fish bouillon powder or paste. Add fresh or frozen cubed salmon, some cream or sour cream, and bring to boil. Add cubed blanched potatoes and diced onion (frozen or chilled), season to taste traditionally only white pepper, salt and dill, heat until boiling hot and serve!

Red salmon soup

Prepare a light tomato sauce (use only half of the tomato and flour.

Add blanched potato and/or vegetables and diced salmon. Use your favourite spices. Preparation time approx 10 minutes (after the mixture has reached boiling temperature approx. 90°C).

COOKING PROGRAM

STEP 1

"Add potatoes/vegetables"

- Cook: 92°C,
- Time: 20min
- Water
- Mixer: Forward; speed 20

STEP 2

"Add milk/cream"

- Cook: 90°C,
- Time: 5min
- Mixer: Forward, pause; speed 10

STEP 3

"Add fish"

- Cook: 90°C,
- Time: 5min
- Mixer: Forward, pause; speed 10

Mexicali Soups

Mexicali Soup I

Prepare a tomato soup. Make the sauce a little bit thinner than normal. Add grated or cubed cheddar cheese, ready sautéed bell peppers, jalapeno peppers chopped, corn kernels etc., and your choice of precooked meat (chicken, ham, shrimp etc.).

If you use beans, there are 3 possibilities:

1. Start with boiling the beans
2. Pre-cook the beans before starting to prepare the soup
3. Use canned beans

Mexicali Soup II

Cook your choice of beans, add bell peppers, jalapeno peppers chopped, split peas etc., Garnish and spice. Thicken with tomato paste and kneaded butter or ready made roux.





PASTA MEALS AND RISOTTOS

Pastas [Pasta Meals]

Start making a pasta by cooking the meat first. For example in a ground meat pasta you can put tomato purée and chopped onion together with the ground meat in the kettle. You can use 92...96°C temperature from the beginning.

After 5 minutes, put pasta and water in the kettle. Cook for a few minutes following the pasta manufacturers instructions. Start counting the cooking time when the water is boiling.

Risottos

The risottos are made like pastas. The temperatures and the programs are the same as for making pasta. Use parboiled long grain rice to get a loose risotto. Note that the onion tends to break (soften) the rice - if possible use special rice (so called paella-rice) when cooking with onion. When you are making pastas and risottos you must note that deep kettles are not the best because deep kettle may easily collapse the pasta.

WARM SAUCES



Fat and flour sauces

[roux-sauce]

Making sauces with a MixerKettle is very easy. Since the methods differ from traditional procedures, it is important to learn and study the new methods.

Basic production procedure

later referred to as "basic"

Put fat and flour on the bottom of the kettle. To make white roux do not melt the butter first. To make blond roux melt and heat butter at 115°C to get colour. To make brown roux, add some kitchen bouquet at the end of the production.

Close the lid and let the mixer mix the product with AutoReverse 50...80. Set the temperature to 94°C. After 5 minutes add half of the liquid pouring slowly and again after 5 minutes add the rest of the liquid and spices pouring slowly. Wait another 5 minutes and the sauce is ready. The quantity of the liquid is approx. 10 times the quantity of the flour depending on the desired thickness. Fat : flour : liquid - ratio is 1:1:10 to 0.75:1:10.

Using sauce/gravy mixes

Use your favourite sauce/gravy mixes to make basic sauces. Follow the manufacturer's suggested preparation procedure. You can also test the mix using basic procedure: prepare a small quantity on a stove using a saucepan. Combine the mix and liquid cold and heat up mixing all the time with a wire whip. If the test batch turns out to be OK, you can use the basic procedure in bigger batches and in a MixerKettle also (nobody can mix manually all the time for 30 minutes, but a MixerKettle can - easily!

a'la Minute procedure

later referred to as "a'la minute"

With this method you can make also very small quantities. If you want sauces which contain less fat, this method is preferable. First heat up 85 % of the liquid. Set the temperature to 94°C.

When the liquid is hot, mix in the rest of the liquid with flour. Pour the mixture in to the kettle mixing at AutoReverse 50...70. You can also prepare the sauce heating all of the liquid and adding the flour as 'beurre manier' (kneaded butter 1:1). Cook for 10 minutes.

Volumes for Sauces

[Bechamel, Veloute,...]

The recommended max. amounts to be used for production of traditional fat/flour (roux) based sauces. with fat : flour : liquid ratio

1 : 1 : 10 [weight]. Fat content may be reduced down to 25%.

Kettle size	fat kg	flour kg	liquid kg	total liters	Portions, á 70ml
40	3	3	30	36	500
60	4	4	40	48	800
80	6	6	60	72	1100
100	8	8	80	96	1300
150	12	12	120	144	2000
200	15	15	150	180	2700
300	22	22	220	264	3850
400	30	30	300	360	5300
470	36	36	360	432	6300

COOKING PROGRAM

STEP 1: Pre-heat kettle to 115°C

- Cook: 115°C,
- Time: e.g. 5min

STEP 2

"Add fat and flour"

- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 80

STEP 3

"Add half of the liquid"

- Cook: 94°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 120

STEP 4

"Add rest of the liquid"

- Cook: 94°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 20



Veloute

basic

Prepare the normal fat and flour sauce, which has meat-, chicken-, or fish stock as liquid.

à la minute

Prepare a meat-, chicken-, or fish stock first. hicken with flour-water mixture or flour-fat mixture.

COOKING PROGRAM,

STEP 1: Pre-heat kettle to 94°C

- Cook: 94°C,
- Time: e.g. 5min

STEP 2

"Add fat and flour"

- Cook: 94°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 80

STEP 3

"Add other ingredients"

- Cook: 94°C,
- Time: 10min
- Water: 85%
- Mixer: Auto-Reverse; speed 120

Bechamel [basic white sauce]

basic

Prepare normally, use milk or milk and cream as liquid. season with salt and white pepper.

a'la minute

Prepare normally, use milk or milk and cream as liquid. Use some oil, margarine or cream if you want richer flavor. Season with salt and white pepper.

COOKING PROGRAM,

STEP 1: Pre-heat kettle to 94°C

- Cook: 94°C,
- Time: e.g. 5min

STEP 2

"Add fat and flour"

- Cook: 94°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 80

STEP 3

"Add milk/cream"

- Cook: 94°C,
- Time: 10min
- Mixer: Auto-Reverse; speed 120



Basic brown sauces

basic

Prepare a fat/flour sauce, use water, milk or water+milk mixture, or stock as liquid. Colour with soy sauce or kitchen bouquet. Season to taste.

à la minute

Prepare normally, use water, milk or water+milk mixture, or stock as liquid. Colour with soy sauce or kitchen bouquet. If you want richer flavor add some butter or margarine and/or cream. Season to taste

COOKING PROGRAM,

STEP 1: Pre-heat kettle to 94°C
- Cook: 94°C,

STEP 2

“Add fat and flour”

- Cook: 94°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 80

STEP 3

“Add other ingredients”

- Cook: 94°C,
- Time: 10min
- Water: 80%
- Mixer: Auto-Reverse; speed 120

Tomato sauces

basic

Add tomato purée [a half of the amount of flour]. Prepare normally with purée, fat and flour. Add water as liquid. When seasoning, notice that tomato sauce needs more salt than basic sauce. Season to taste.

à la minute

Add tomato purée to the liquid [water] when starting the preparation. The amount of purée is a half of the amount of flour. Prepare normally. When seasoning, notice that tomato sauce needs a bit more salt than a basic sauce. Season to taste.

Italian type seasoning:

season with a pizza seasoning mix [Italian herbs and pepper mixture] or herbs [thyme, basil and/or oregano] and black pepper [and garlic]. You can also add 10 to 20 % heavy cream to the liquid to get a more festive version of the sauce.

COOKING PROGRAM,

STEP 1: Pre-heat kettle to 115°C
- Cook: 115°C,

STEP 2

“Add other than water”

- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 50

STEP 3

- Cook: 90°C,
- Time: 10min
- Water: 4L
- Mixer: Forward only; speed 10

Sauces from basic sauces

Sauce Espagnol - Brown basic sauce

à la mode: Prepare a velouté from a heavy stock. If the stock is too light, colour with kitchen bouquet. Season to taste with salt and pepper.

Bell pepper sauce

Use the basic method. Put fat, flour, chopped onion (1 to 2 times the amount of flour) and tomato sauce (5 to 10 %) on the bottom of the kettle. Prepare the sauce normally and season with bell pepper powder or chopped (sweet) bell pepper and crushed garlic.

Red pepper sauce

Colour a basic white roux sauce or a velouté red or reddish by adding tomato sauce. Season with rosé peppercorns and salt. If you are using the sauce with meat, you can make it sharper by adding some white pepper.

Rosé pepper sauce

Rosé pepper sauce (basic roux sauce with water as liquid with rosé pepper instead of white pepper and low salt) may also be used with sweet desserts.

White sauce with herbs

Prepare a bechamel. Add fresh herbs.

Green pepper sauce

Colour a bechamel, cream sauce or veloute with soy sauce or kitchen bouquet. Season with green pepper corns and salt.

Shrimp sauce

Colour a bechamel or a fish stock based velouté pink by adding 5 % tomato purée. Add to the ready made sauce frozen shrimps 20 to 30 % of the amount of the sauce. Heat up. Do not boil. Season with a small amount of Cayenne pepper or Cajun spice mixture.

Blue cheese sauce

Add blue cheese sauce in a bechamel 5 to 10 % of the amount of the sauce. If you want to have rich but milder sauce, replace half of the cheese with grated cream cheese.

Cheese sauce

Add grated cheese in a bechamel 5 to 10 % of the amount of the sauce mixing constantly.

Egg sauce for fish

Add cubed boiled eggs in a bechamel 20 % of the amount of the sauce. Season with dill, chives or parsley. If you are using dehydrated herbs it is recommended to prepare the sauce by à la minute method, soak the dehydrated herbs in hot water and add to the kettle with the flour.

Curry sauce

Season a sauce base (bechamel or velouté) with curry powder. If you want milder taste but more color, replace some of the curry powder with turmeric (indian safran). If you want to get rid of the earth-like taste and smell of the turmeric, add some sugar to the sauce. For each gram of turmeric use 2 or 3 gram of sugar. Notice that you should mix curry powder and turmeric in a small amount of cold water before putting it into the kettle to prevent lumps.

Lemon sauce

Prepare a velouté, season with cream (20 % of the amount of the sauce) and lemon juice. Lemon sauce is suitable for lamb, fish and chicken.

Mustard sauce

Season a velouté with mustard (2 to 3 % of the amount of the sauce). If you want to have a stronger yellow colour, colour with turmeric (see directions for curry sauce). You can also make a mustard sauce from a bechamel.



Spinach Sauce

milk	10 liters
flour	1,1 kg
spinach	1,1 kg
salt, pepper	to taste

Put milk in the kettle. Add the flour. Start mixer with *AutoReverse 50...60*. After the mixture is well mixed, set the temperature to 94°C and heat 15 minutes. Change to speed *20...30*. Let boil 10 to 20 minutes until the sauce is smooth.

Add blanched chopped spinach. Season with salt and pepper. Mix with speed *100* about 1 minute.

Cream Sauce

Traditional cream sauce:

Pour heavy cream in the kettle. (Open the small lid). Season, and boil until thick.

Low fat cream sauce

Low cost and low-fat version: Prepare a bechamel, comprising heavy cream 20% of the liquid. If you are preparing sauce for fish, season with lemon. If you are preparing sauce for meat, season with stock.



Bernaise and Bernaise based sauces

You can easily make delicate sauces like Bearnaise starting with water or white wine and egg yolks and using your own recepies.

The kettle temperature control makes the preparation easy. Yolk does not coagulate when you set the temperature to 60°C.

Note! When preparing Hollandaise type butter sauces, sometimes it may happen that the sauce 'cuts' – the fat and other substancer separate. If you are using butter fat, this is no problem. The fat-water emulsion just has too little water to hold. Add some water and mix vigorously, and everything is again OK. If you do not use butter fat, you can still try adding water and mixing, but the result cannot be guaranteed.

Modified Sauce Hollandaise

Easy to prepare, less calories, less cholesterol.

fat [butter]	2 kg
flour	1 kg
veg. stock	10 kg
cream [19% fat]	2,5 to 3 kg
egg yolks	1 kg
(butter	0,4 kg)

This variety of the basic Hollandaise sauce is easy to make, has less cholesterol and less fat than the traditional made with only egg yolks as thickening.

Put fat and flour into the kettle. Prepare normally. Add fish stock or vegetable stock or water. Let the sauce simmer about 5 minutes at 96°C. Mix separately in a mixer cream and egg yolks. Add the mixture to the sauce. Let the sauce thicken mixing constantly with AutoReverse 20...40 . When thickened, stop heating by setting temperature to holding 65°C. Season with salt, white pepper and lemon juice. You can add some melted butter (mixing constantly) about 1/5 of the original amount of fat. This is to make the sauce glossy.

Sauce Hollandaise

The precise temprature control and high speed mixing are ideal to prepare delicate sauces. It is easy to prepare and constant quality day in, day out.

Butter	1,5 kg
Onion	10
Vinegar	0,5 dl
White wine	2 l
Egg yolk	30 pcs
Lemon juice	1,5 dl
White pepper	50 pcs
Bay leaves	10 pcs
Tabasco	
TOTAL	6,5 L

Set temperature to +45°C with mixing *Forward Speed* 60-80. High-speed mixing whisks the egg yolks, vinegar, white wine and lemon juice. Continue until the mixture starts to form a foam and it is thick and pale. Typically about 5 minutes, but time depends on quantity. Test the first time, save the program for later use.

Then when starting to add warmed butter remove the heating and increase mixing speed to 100...120 (or as high as the volume allows).

This easy and reliable is to make hollandaise sauce with mixer kettle. Thanks to temperature control and high-speed mixing, no risk of egg yolks coagulating.



MEAT, STEWS, AND MEAT SAUCES

Cooking meat in a kettle is easy and healthy. You need very little or no fat at all and you don't have to fry the meat.

Ground meat, meat cubes and stripped meat are handy to cook in a kettle because you can make in one single piece of equipment many dishes from the beginning, without any transfers from one piece of equipment to another: pastas, risottos and soups. In addition you save labour in cleaning: only one piece of equipment to clean, no additional pans or buckets to clean.

It is usually best to use *AutoReverse 70*, or when breaking ground beef, a special program *Auto-Reverse, quick 70*. These mixer programs break the meat lumps and cook the meat fast and evenly.

Meat cubes

Put liquid margarine or butter into the kettle, so that the surface of the meat gets more colour. Set heat to 115°C. Put meat cubes or stripped meat in the kettle. Start *AutoReverse 50...70* and cook for 5 to 10 minutes.

You can make pasta, risotto and stews from meat cubes and stripped meat.

Ground meat

You can either start by first granulating meat or you can add all ingredients simultaneously to the kettle.

If you start by granulating, then first pre-heat kettle to 95°C for cooking

105°C for low granulating

115°C for granulating

Note! At 90°C the meat does not brown at all, but usually stays softer and loses less moisture.

After meat is granular, put other possible ingredients [for example onion] in a kettle. You can mix all the time *Auto-Reverse 30...40* or first mix *Forward 30...40* for few minutes then *Auto-Reverse 30...40* a minute until meat is ready



Stews

Stews can be made using sauce recipes as basis with 50 % less water amount

Then just add meat and/or vegetables.

Meat stew [raw meat]

water	70%
meat	79%
Vegetables	5%
Oil	0.3 %
Stock powder	1%

Meat stew [pre-cooked meat]

water	25%
pre-cooked meat	74%
vegetable	5%
stock powder	1%

Seafood stew

water	25%
seafood	74%
vegetable	5%
flour	1%
stock powder	1%

Vegetable stew

water	25%,
vegetable	74%
flour	1%
stock powder	1%

COOKING PROGRAM

Pre-cooked meat, seafood or vegetable

STEP 1

- "Add all other than meat"
- Cook: 96°C,
- Time: 10min
- Water 25%
- Mixer: Forward; speed 40

STEP 2

- "Add meat"
- Cook: 90°C,
- Time: 10min
- Mixer: Forward, pause;
- speed 10 (meat stew)
- speed 10 (seafood stew)
- speed 20 (vegetable stew)

COOKING PROGRAM

from raw meat

- STEP 1:** Pre-heat kettle to 115°C
- Cook: 115°C,

STEP 2

- "Add fat and half meat"
- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 30

STEP 3

- "Add rest of meat"
- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 30

STEP 4

- "Add rest of ingredients"
- Cook: 94°C,
- Time: 10 to 30 min
- Add water 25%
- Mixer: Forward; speed 20

Volumes for Stews and Meat sauces

Kettle size	Portions, á 250 ml
40	140
60	220
80	300
100	360
150	560
200	760
300	1080
400	1480
470	1760



Meat Sauces

From sous vide or frozen pre-cooked meat

meat	49%,
water	49%,
onion	5%,
flour	3%,
stock powder	0,7%
oil	0,3%.

COOKING PROGRAM

Pre-cooked meat

STEP 1

"Add all other than meat"

- Cook: 94°C,
- Time: 10min
- Water 49%
- Mixer: Forward; speed 80

STEP 2

"Add meat"

- Cook: 94°C,
- Time: 5min
- Mixer: Forward, speed 20

From raw meat.

Start by granulating meat in the kettle and then add rest of ingredients.

meat	61,5%,
water	49%,
onion	5%,
flour	3%,
stock powder	0,7%,
oil	0,3%.

COOKING PROGRAM

from raw meat

STEP 1: Pre-heat kettle to 115°C

- Cook: 115°C,

STEP 2

"Add fat and half meat"

- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 30

STEP 3

"Add rest of meat"

- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 30

STEP 4

"Add rest of ingredients"

- Cook: 94°C,
- Time: 10 min
- Add water 49%
- Mixer: Forward; speed 20

Sauce Bolognese

Traditional bolognese

ground meat	30 kg
tomato purée	4,5 kg
onion	5 kg
oil	1 liters
grated carrots	5 kg
grated celery	5 kg
red wine	3 liters
milk	3 liters
total	55 kg

For sauce bolognese pre-heat kettle to 115°C. First put oil and onion in the kettle and start mixing with Autoreverse 80...100. After approx. 2 to 3 minutes add ground meat and continue mixing for 7 minutes.

Then add tomato purée and after 2 to 5 minutes add grated carrot and celery for another 2 to 5 minutes. Add water and wine and then keep boiling 94°C for 30 to 40 minutes until roots are ready. Finish with milk and seasoning.

Ground meat-Tomato sauce

This tomato based ground beef sauce is less richer and less costlier than italian type. It also suitable for pizza bolognese and for lasagne and moussaka.

ground meat	4,5 kg
onion	1,0 kg
oil	0,3 liters
flour	0,4 kg
tomato purée	0,25 kg
water	4 liters
total	10 kg

This makes 10 kg of sauce. Prepare like a tomato sauce. Pre-heat kettle to 115°C. Put all other ingredients except the liquid in the kettle. Start mixer with AutoReverse 50 .

After approx. 5 minutes, when all the ground meat is granular, add 4 liters of water or 3 liters of water and 1 liter of cream [19 % fat].

Ham sauce

Prepare a tomato sauce following basic procedures. Use only a half of salt and spices. Add ham strips [preferably smoked ham to taste]; to the amount of tomato sauce add 2/3 to equal amount of ham. Heat up the mixture. You can also add sliced mushrooms and vegetables to make the sauce richer. This sauce may be used as a spaghetti sauce [or for other types of pasta].



COOKING PROGRAM

STEP 1: Pre-heat kettle to 115°C
- Cook: 115°C,

STEP 2
"Add oil and onion"
- Cook: 115°C,
- Time: 3min
- Mixer: Auto-Reverse; speed 80

STEP 3
"Add meat"
- Cook: 115°C,
- Time: 7min
- Mixer: Auto-Reverse; speed 80

STEP 4
"Add tomato purée"
- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 80

STEP 5
"Add vegetables"
- Cook: 115°C,
- Time: 5min
- Mixer: Auto-Reverse; speed 80

STEP 6
"Add water and wine"
- Cook: 94°C,
- Time: 40min
- Mixer: Forward only; speed 60

"STEP 7"
Add milk when roots are ready



Curries

The automatic mixing, high temperatures, and efficient simmering can be utilized to simplify the production of curries.

from chopped tomatoes

First, heat oil in the kettle at 115 or 125 °C and add spices. Set mixing *Auto-Reverse 40* and cook for 10 min.

Add 1 liter water and cook another 10 minutes.

Add onions and chopped tomato and continue to cook on 115 or 125 °C for 6 to 10 minutes.

Then add rest of water and reduce cooking to 90 °C and simmer for 20 minutes with *Forward 20*. Add marinated chicken, mutton or vegetables/lentils and simmer another 20 minutes with *Forward 20*.

from tomato paste

First, heat oil in the kettle at 115 or 125 °C and add chopped onion, ginger and garlic. Set mixing *Auto-Reverse 40* and cook for 10 min

When onions are golden or brown, add tomato paste and rest of spices. Cook on 115 or 125 °C for 6 to 10 minutes with *Auto-Reverse 40*.

Then add water and reduce cooking to 90 °C and simmer for 20 minutes with *Forward 20*. Add marinated chicken, mutton or vegetables/lentils and simmer another 20 minutes with *Forward 20*.

COOKING PROGRAM

STEP 1: Pre-heat kettle to 115°C
- Cook: 115°C

STEP 2
- Cook: 115°C
- Time: 10min
- Mixer: Auto-Reverse; speed 40

STEP 3
- Cook: 115°C
- Time: 10min
- Mixer: Auto-Reverse; speed 30

STEP 4
- Cook: 90°C
- Time: 20 min
- Add water 25%
- Mixer: Forward; speed 20

STEP 4
"Add mutton/chicken"
- Cook: 90°C
- Time: 20 min
- Mixer: Forward; speed 20

COLD SAUCES

With the Dietatec MixerKettle you can mix all the usual cold sauces and salad dressings as with a standard mixer. If you have used the kettle, cool it for example by using the automatic chilling mode or by rinsing it with cold water.

If the sauce you are making needs to be kept cold during the preparation, you can use the chilling mode.



Dipping sauces, salsa

You can use the kettle as a mixer for making any kind of cold mix from crushed tomatoes, sour cream, mayonnaise and/or your favourite spices.

Tartar sauce

Tartar sauce is based on mayonnaise. You can add chopped eggwhites, chopped onion, capers and parsley or you can add chopped onion, chopped chives and chopped pickled gherkins. Season with salt and sugar.

Mix *Auto-reverse 60...80*. Do not heat. Excellent with fried fish.

Options:

Use yoghurt instead of mayonnaise.



Dressings

Italian type red salad dressing

This dressing is light (low calorie), but feels rich.

Use as dressing base unsweetened low fat yoghurt. Minimum batches for kettles without a bottom scraper are the same as for fat and flour sauces.

Start mixer at *Auto-Reverse 60...80*. Colour red by adding tomato purée or tomato ketchup. Season with salt, sugar, and pizza seasoning (or black pepper and herbs like thyme, basil and/or oregano). Mix for few minutes, until the dressing is smooth and mixed.

To mix tomato purée more easily, dilute it with water half and half before mixing into the dressing base.

Mustard dressing

oil	10 liters
lemon juice	1,25 liters
mustard powder	250-500 g
cream (19 % fat)	5 liters

Put oil and lemon juice in a cold kettle. Start mixing with *AutoReverse 70*. Add mustard powder. Sieve the mustard powder to prevent the dressing to becoming lumpy. Season with salt and sugar (not necessary). When oil-lemon-mustard mixture is well mixed, add cream. Let mixer work for a few minutes until mixed.

Creamy salad dressing

cream (19 % fat)	10 liters
sugar	300 g
mustard	700 g
vinegar	700 g

Put at the cream in to a cold kettle. Close the lid. Mix with *AutoReverse 50...70*. Add sugar, mustard and vinegar while mixing. Do not heat. Season with salt and white pepper.



DESSERT SAUCES

Fruit, Berry & Juice Sauces

Juice sauce

Put any juice and potato or maize starch (about 2 to 3 % of the amount of the juice) into a cold kettle. Start mixing at *Auto-Reverse 100...140*. After a couple of minutes of mixing, when you are sure that all the starch is diluted into the water, set heat to 96°C. Reduce now the speed to 50...70. Heat about 10 to 15 minutes or until mixture has thickened.

Cool the sauce if needed. May be served either hot or cold. You can also serve the sauce hot with many desserts and with fresh or canned fruits.

COOKING PROGRAM

STEP 1

"Add other than water"

- Time: 2min
- Water: 10%
- Mixer: Forward; speed 100

STEP 2

"Add water"

- Cook: 96°C,
- Time: 15min
- Water: 90%
- Mixer: Forward, speed 20

Cold orange sauce

Put cream (18 to 20 % fat) in a cold kettle. Note minimum batches. Start mixer at manual speed 3 and auto-reverse. Add orange juice concentrate (thick concentrate) 20 to 25 % of amount of the cream. Add sugar to taste. Let mix a few minutes until mixture thickens.

Orange sauce

Put water and potato or maize starch (2 to 3 % of the amount of water) in a cold kettle. Start mixing at *Auto-Reverse 100...140*. Start at lower speed, beware of spilling. After a couple of minutes of mixing, when you are sure that all of the starch is diluted into the water, set heat to 96°C. Reduce the speed to 3 or 4. Heat about 10 to 15 minutes or until the mixture has thickened.

Chill the mixture. While cooling, add orange juice concentrate (thick concentrate) 20 to 25 % of the amount of water. Add sugar to taste.



Chocolate sauces

cocoa powder	1 kg
sugar	1 kg
water	6 kg
heavy cream (38 %)	2 kg
starch	250 g

Put all the ingredients into a cold kettle. Add potato or maize starch for thickening. Start mixing at *Auto-Reverse 100...140*. After a couple of minutes of mixing, when you are sure that all the starch is diluted into the water, set heat to 96°C. Heat about 10 to 15 minutes or until the mixture has thickened.

Cool the sauce if needed. you can also serve the sauce hot with many desserts (e.g. with ice-cream)

Vanilla sauces

eggs	1 kg
milk	9 kg
sugar	250...500 g
vanilla sugar	0.2 kg

Put all the ingredients except the vanilla sugar into a cold kettle. Start mixing at *Auto-Reverse 100...140*. After a couple of minutes of mixing, set heat to 96°C. Heat about 10 to 15 minutes or until the mixture has thickened.

Finally season with vanilla sugar or use vanilla pods in the mixture while heating. You can also crush some pods and leave them in the mixture. If you do not want to see black vanilla bits in the sauce, put the pods in a clean cloth (like bouquet garni) and tie the cloth to the mixing tool.

If you use vanilla sugar, do not heat the sauce after you have added the vanilla sugar. It does not contain real vanilla, but an artificial flavoring, and the taste is better if not cooked.

COMPOTTES AND PUDDINGS



The methods are the same as for making sauces.

basic

In the basic method you start putting all the ingredients into a cold kettle, start mixing and start heating after the mixture is mixed thoroughly.

The basic method is the easiest way to make compottes, juice sauces and puddings. Sometimes, however, you might get a palm sized "cake" of starch on the bottom of the kettle (an undiluted part of the thickening) which is easy to throw away and is not harmful.

1. put into the kettle the juice or any liquid on the recipe
2. Add the thickening: for a juice soup or sauce 2 to 3 % for a compote or pudding approx. 5%
3. Start mixing. Usually at maximum speed and *AutoReverse*. Mix until completely mixed.
4. Turn on heating, heat until ready. Temperature 94°C. While heating, reduce speed to approx. 50 .

á la minute

In the á la minute method you heat up the liquid and add the thickening part (starch, flour etc.) after the mixture is hot. Actually this is a normal method used in kitchens, because the basic method can only be used effectively if you have a mixer attached to the kettle.

1. Put 85 % of the liquid in the kettle.
2. Set the temperature to 94°C. To ensure even heat distribution, and to heat faster, use the mixer with *ForwardOnly 20...40*.
3. When the liquid is hot, change to *AutoReverse 70*.
4. Add thickening mixed in the rest of the cold liquid pouring it evenly into the kettle through the opening on the lid.

Potato or corn starch thickening cooks in a few minutes - when the sauce or pudding has thickened it is ready. Boil wheat flour thickening at least 5 minutes (preferably 10 minutes).



Apricot pudding

Apricot purée	2 kg
Sugar	0,6 kg
Potato starch	0,5 kg
Water	10 liters

basic Put apricot purée, sugar and starch into a cold kettle. Add cold water. Start mixing at manual speed 125 to 150 and auto-reverse. After a couple of minutes of mixing, when you are sure that all the starch is diluted into the water, set heat 92°C. Reduce speed to 50 ... 70. Heat about 10 to 15 minutes or until mixture has thickened.

Juice puddings, jellies

Prepare a juice pudding using either of the procedures, use any juice to your taste, sweeten with sugar, if needed. Add some fresh or frozen berries at the end.

Fruit and berry puddings

Make like a juice pudding. You can combine different fruits, berries and juices. The preparation is easy - just have the right amount of thickening if you have a lot of fruit in the pudding.

PORRIDGES AND PUDDINGS



Grain porridges

basic

Grain (or flake, gruel, semolina, pearl) porridges and gruels (like rice pudding, semolina soup) are best to prepare with the “basic” method as described in section ‘Compottes and Puddings’.

á la minute

If you want to use the traditional “a la minute” method, where you cook the liquid first, you can add the grain through the opening the other half of the kettle lid. If the amount of the porridge or the gruel is so small that most of the mixing arm is not immersed in the liquid, some of the grain will stick to the mixing arm.

Another possibility (for making small amounts) is to open the lid and mix the grains by hand using a big wire whip (be careful - do not burn yourself)

Flour porridges

The best production method is the “basic” as described in section ‘Compottes and Puddings’. If you want to add flour (or bran) in the boiling liquid “á la minute”, you must mix the flour in a small amount of cold liquid - otherwise the porridge shall become lumpy.

Rye porridge

rye flour	1,8 kg (3 liters)
water	10 liters
salt	30 g

This is a breakfast porridge like oatmeal. Put water and rye flour in a cold kettle. Set heat to 96°C and cook about 45 minutes. Season with salt.

COOKING PROGRAM

(basic method),

STEP 1

“Add Grains”

- Water
- Mixer: Forward; speed 40

STEP 2 (with only water)

- Cook: 96°C,
- Time: 10min
- Mixer: Forward; speed 40

STEP 2 (with milk 19%)

- Cook: 94°C,
- Time: 10min
- Mixer: Forward; speed 40



Semolina pudding

Put milk and semolina in a cold kettle. Start mixing at Auto-Reverse 100...140 . After a couple of minutes of mixing, when you are sure that all the semolina is well mixed to the milk, set heat to 96°C. Reduce speed to 50...80. Let simmer about 20 minutes. Season with salt.

Rice pudding

Porridge from rice, cooked in milk.

rice	1,35 kg (1,5 liters)
milk	10 liters
salt	30 g (4 g)
[sugar]	[0,3 to 0,4 kg]

Soak the rice in cold water for a few hours in a refrigerator (this is not necessary, but it speeds up the procedure and saves energy). Put cold milk into a cold kettle. Add rice to the milk.

Start mixing with Auto-Reverse 70...100. Set heat to 96°C. When the temperature has reached 96°C, reduce to speed 20...30. Let simmer in this temperature stirring constantly for 45 to 50 minutes. Season with salt.

COOKING PROGRAM

STEP 1

"Add rice and milk"

- Cook: 96°C,
- Time: 20min
- Mixer: Auto-reverse; speed 70

STEP 2

- Cook: 96°C,
- Time: 45min
- Mixer: Forward, pause; speed 20

Whipped desserts [puddings]

Make semolina pudding in juice instead of milk. When temperature has reached 96°C, you can change to Forward 60...80. After 5 minutes start chilling (or stop heating, if no chilling option).

With the chill mode on, let the program do the work - cool and mix air to the pudding to make it lighter in colour and fluffier. Mix with Forward Only 100...140. Increase speed only if there is no spilling!

Note, that the volume starts to increase only after the pudding is cold enough, 35 to 40 °C.

You can increase your batch size with Whipping tool that adds even more air to the product. With whipping tool the volume can increase even over 50%, so you need to take thin into account with fill rate.

COOKING PROGRAM

STEP 1:

"Add all ingredients"

Time 2min

Mix Auto-Reverse; speed 100

STEP 2:

Cook 96°, 5 min

Mix Forward; speed 60

STEP 3:

Chill 50°

Mix Forward Only; speed 60

STEP 4:

Chill 35°

Mix Forward Only; speed 100

STEP 5:

Chill 25°

Mix Forward Only; speed 140

BATTERS AND DOUGH

With the Dietatec MixerKettle's mixer you can make all semi-liquid doughs and batters. You can use traditional recipes. Making in kettle gives you a possibility to heat water in the kettle - this way you save one transfer and one cleaning step. Usually it is best to start with ForwardOnly 100...120. After the mixture is well mixed, you can switch to the normal mixing speed [lower the speed].

Dough for rolls

water	10 kg
yeast	1 kg
wheat flour	8 + 8 kg
salt to taste	

For small quantities use the normal mixing tool. Use the mixing tool without scrapers in the kettle if mixing big quantities or use the special dough tool. Put the water, the salt and yeast into the kettle. Set the mixer to *AutoReverse 80*.

When the yeast has dissolved add half of wheat flour. Let mix for 10 minutes. Add the other half of flour [and some oil if you want]. Mix for 10 more minutes. After this the dough is ready and you can remove it from the kettle or let it rise in the kettle: set the heating to 35...40°C.

COOKING PROGRAM

STEP 1:

Cook 35°
Add water
Mix Forward; speed 10

STEP 2:

"Add yeast and salt"
Time 2 min
Mix Forward; speed 80

STEP 3:

"Add flour"
Time 8 min
Mix Forward; speed 80

STEP 3:

Time 4 min
Mix Forward; speed 40

STEP 4:

"Add rest of ingredients"
Time 3 min
Mix Forward; speed 60



Batter for pancakes

milk	6 liters
eggs	1.3 kg
flour	2.2 kg [3.7 liters]
oil	3.5 dl
sugar	200 g
total	10 kg

Put the ingredients in a cold kettle.
Mixing: *AutoReverse 70*.

Batter for blinis

(Russian buckwheat pancakes)

milk	6.3 liters
yeast	250 g
salt	50 g
buckwheat	1.2 kg [2 liters]
wheat flour	1.8 kg [3 liters]
eggs	0.5 kg
total	10 kg

Heat the milk lukewarm; set the temperature to 40°C, add yeast and other ingredients. Mixing: *AutoReverse 70*.



MIXES

Hamburger mix, meat loaf mix

Meat loaf mixes are made with Dietatec MixerKettle just like with a universal mixer.

Since the kettle and the mixer has been in the first hand designed to be a food processing combination of a kettle and a mixer, the power of the mixer is not sufficient for everything. Particularly when mixing very heavy (low viscosity) masses with the bigger kettles from 200 liters to 500 liters you may not be able to fill the kettle up to the rim.

To make the mixing easier, add heavy components like ground meat and ground fish in smaller amounts. For normal sized batches this is not necessary.

Mix hamburger and meat loaf (or ground fish mixture) at *AutoReverse 70* for a few minutes, until mixed. Then let the mixer work *ForwardOnly* at higher speed.

COOKING PROGRAM

STEP 1:

"Add breadcrumbs"

Add water 24%

Time 5 min

Mix Forward; speed 40

STEP 2:

"Add rest of ingredients"

Time 3 min

Mix Auto-Reverse; speed 60



Cabbage

Raw cabbage has a heavy (low viscosity) mass and long fabrics with sticky structure

It is recommended to use only mixing hook for mixing. As raw cabbage can be so sticky, that it does not mix properly rather move as one mass.

If still preferred to use standard mixing tool, first wait that product has become tender, then mixing is possible.

Cabbage casserole

For cabbage casserole use combination of bottom scraper part from mixing tool and a mixing hook.

First low roast the grounded meat and other possible ingredients (for example onion) in the kettle.

You can mix all the time with Auto-Reverse 30...40, or first mix Forward 30...40 for few minutes then Auto-Reverse 30...40 a minute until meat is ready.

After meat is granular you can remove the bottom scraper from mixing tool. Now you have only mixing hook in the kettle and then you can add raw cabbage and seasons. Mixing with speed 60...100, it should take only few minutes to fully mixed construction.



Salads

Mixing salads

Make quantity salads easily with the standard mixing tool.

Specially salads containing rice or pasta and diced vegetables are easy to make even in very large quantities. Remember to use cold kettle. If necessary, chill the kettle rinsing it with cold tap water.

Coleslaw

When making salads with raw cabbage, the structure of raw cabbage makes mixing more challenging, but DIETA kettle with mixing hook can do it.

Place only mixing hook attachment in the kettle. Then add raw cabbage, seasons and other ingredients. Mixing with speed 60...100, it should take only few minutes to fully mixed construction.



Pizza Sauces

Use the mixerkettle to make pizza base from ready made pizza sauce by adding your favourite spices – or make it from tomato paste and/or canned crushed tomatoes. For Pizza Bolognese just make a Bolognese sauce (basic spaghetti sauce).

Pies & Tarts

Mix fillings for tarts and quiche easy. Some ingredients require sauté ing or blanching – here you can use the same equipment for preparation and mixing.

Maybe the old method is not the best way to do it? Experiment and learn more about the fantastic possibilities of a MixerKettle.

Dip Sauces

Make your own dip sauces and salsa: hot or cold.

Use them for starters, main dishes, snacks and breakfast servings. Use your imagination – a MixerKettle is an universal mixer AND a kettle!

Spice mixes

Mix dry spices and herbs to make your own grill seasoning. If all the ingredients are small size and non-sticky you may use the whipping grid with the bottom scraper tool.

Eggs

Scrabled eggs

Scrambled eggs is easy. Use a shallow kettle or just the bottom of the kettle. Use the standard tool (with scrapers) grease the kettle with butter, add egg mixture and cook at low temperature 90...92°C until done. Remove immediately.

Omelette

Make quantity omelette mixes with the kettle. Whipping is easy with the bottom tool (the standard tool may also be used).

Bake the omelettes in an oven, or fry on a fryingpan or frytop.



Ice-Cream

The automatic mixing and precise temperature control can be utilized also to make ice cream. Add base ingredients in the kettle and let automatic mixer take care of the rest.

Ice-cream base

milk (whole)	10 liters
cream (heavy)	10 liters
egg yolks	4 kg [3,9 l]
sugar,	4,1 kg
vanilla pods	
total	28 kg

First, premix egg yolk and sugar. Then move to the side and clean the kettle before continuing.

Add milk, cream, and vanilla pods. Gently simmer in product temperature 85°C for 20 minutes. Set the mixer to *Forward 20*. Then add yolk mixture, increase mixing speed and simmer another 20 minutes in 85°C until thick. Set the mixer to *Forward 60*.

When the mixture is thick, you can start the chilling process. Depending on kettle chilling options, you can either complete whole cooling in the kettle, or start chilling in the kettle and continue chilling in containers.

After chilling, the mixture is ready for churning in the ice cream machine.

COOKING PROGRAM

PRE-STEP:

Mix Forward; speed 60

STEP 1:

Cook: 85°C, 20 min
Mix Forward; speed 20

STEP 3:

Add "yolk mixture"
Cook: 85°C, 20 min
Mix Forward; speed 60

STEP 3:

Chill: 20 °C / 6 °C



WHAT ELSE CAN YOU MAKE?

Use the good temperature control (at 70 to 80°C) to melt chocolate for decoration of cakes and desserts. Of course you can make the chocolate yourselves if you want to. Or use ready made chocolate as a base for your own "brand".

Even if not mentioned in this booklet, many ethnic foods are best prepared in a kettle – specially if you can rely on the steady temperature control. The kettle is also good for holding most of the meals prepared in it.

You can make your own barbeque sauces.

You can make barbeque oils mixing oils and spices.

You can make spice mixtures. from dried spices.

You can make cottage cheese.

You can mix your own cereal mix (muesli) from various cereal and dried fruit components.

MixerKettle is a mixer (with cooking and chilling as an option). You will find hundreds of uses.

Make jellies, marmalade, syrup, soft fudge - many kinds of sweet sugar products. Accurate temperature control and usable temperatures up to 125°C!

Syrup/candy temperatures:

Syrup (for candied fruits) "thread"	106-112°C
Fudge "flattening ball"	113-118°C
Caramel "soft ball"	119-121°C
Marshmallow "soft ball, sticky"	122-130°C
Taffy, nougat "firm threads"	132-143°C
Brittle "cracking"	148-154°C
Pralines "golden"	160-176°C





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