

JUNE 2017 / ISSUE 02

# Perfect for Beginners

**6 Beginner's Recipes you can make  
with a Kitchen Machine**

*Pg 2*

**6 Simple Cooking Tips for the Beginner Chef**

*Pg 5*

**7 Easy Cooking Tips  
for Lazy people**

*Pg 8*

**Beginner's Guide to Cheese  
& its Healthy Benefits**

*Pg 11*



**BOSCH**  
Invented for life



# 6 Beginner Recipes you can make with a Kitchen Machine

You love to eat – but you don't feel too confident around the kitchen. You love the idea of home-made food, but you don't have the time to make everything from scratch. Short of hiring a personal chef, here's the next best thing – using a kitchen machine! Sometimes known as the stand mixer, the kitchen machine is an indispensable multi-purpose tool that comes with plenty of attachments to help you make food, from scratch.

Don't know where to get started? Why don't we start by simply showing you the possibilities – and how life changing having a kitchen machine in your pantry can be for the beginner cook.







## 1 Flourless Chocolate Cake

People who can't take gluten deserve to enjoy chocolate cake too, and here's a recipe that everyone will love. Nothing like a rich, melty chocolate cake to lift the spirits even on the toughest of days. This super simple recipe makes use of the kitchen machine to ensure that you don't have to do any heavy lifting to get your chocolate fix. How? Manually getting your egg whites whipped into the perfect soft peaks is a lot of work and can easily go wrong – a kitchen machine makes sure you get it perfect so your cake turns out fluffy. This recipe also makes use of hazelnut meal for an extra luxurious touch – a creamy, Nutella-like mouthfeel that elevates this humble dessert to another level.

[➤ View Flourless Chocolate Cake Recipe](#)



## 2 Banana Butterscotch Bread

There are few things as heavenly as coming home to the wonderful smell of banana bread baking in the oven. The thought of taking a bite out of that moist and delicious loaf would make even a long and exhausting day at work worthwhile. Thanks to an efficient kitchen machine like the Bosch MUM8 HomeProfessional Kitchen Machine, you just have to make sure you have the ingredients – the machine does the heavy lifting and mixing for you to ensure the perfect consistency of your batter and a delicious bake.

[➤ View Banana Bread with Gula Melaka Butterscotch Recipe](#)



## 3 Potato Pasta (Gnocchi) with Mushroom Cream Sauce

Never go back to store-bought pasta again after finding out how simple it is to make your own, fresh, al-dente pasta at home. Start easy with the simple recipe for bouncy, chewy potato pasta, or gnocchi, in a heartwarming chunky mushroom sauce. With the Bosch MCM4 Kitchen Machine, all the kneading of the pasta dough is done for you, with expert movements by the dough hook implement. You won't have to worry about over-kneading or poor texture.

The machine, using the slicer disc attachment, can even slice up your mushrooms for you. So all you really have to do is to stir up that delicious sauce, and you're all set for a great dinner, domestic goddess style.

[➤ View Potato Pasta with Mushroom Cream Sauce Recipe](#)





## 4 Simplest Peanut Butter Ice Cream

Happiness is finding some ice cream in the freezer after a long, hot shower. We know how much you love digging into this sweet, creamy goodness but do you know what's even better? That simple pleasure of making your favorite dessert at home!

The Simplest Peanut Butter Ice Cream – the name says it all so you can be sure that making it is going to be a walk in a park. The entire 'cooking' process takes approximately 20 minutes and all you have to do is gather 4 main ingredients, follow 7 simple steps and leave your creation in the freezer for 8 hours before serving!

[➤ View Peanut Butter Ice Cream Recipe](#)



## 5 Lamb Chops with Pea and Mint Purée and Rhubarb Chutney

Bursting with a refreshing tart flavor and a little heat from the ginger, home-made chutney is better than anything you can get outside. It's a versatile sauce that can be used as dip from cold cuts to cheeses, and the rhubarb plant has been shown to lower your glycemic index as well as boost your fiber intake.

Although the chutney has to be prepared in advance, this recipe will make for 1.25l of chutney which can last for a year if left unopened and stored in a cool, dry place. You can also choose to eat it over a few weeks with different dishes as long as it's kept in air-tight jars in the fridge. Now you can look forward to a delicious dip to your meats and appetisers every day!

[➤ View Lamb Chops with Pea and Mint Purée and Rhubarb Chutney Recipe](#)



## 6 Beef Burger Patty

If you love to have your burger patties cooked to a juicy medium rare to medium, you should really consider preparing your meat from scratch. Forego pre-packed minced meat from the supermarket and opt for a healthier and tastier option instead. Other than freshness guaranteed, grinding your own meat means you can customize your own blend. For juicy, flavourful results, we suggest choosing cuts with some fats in them. Besides, compared to minced meat that's been sitting too long at the supermarket counter, prepping your proteins right before you use them also lowers the risk of contamination and foodborne illness. It's really simple to get started when you have the grinder attachment, which comes together with the Bosch MUM5 Kitchen Machine.

[➤ View Beef Burger Recipe](#)





## 6 Simple Cooking Tips for the Beginner Chef

If you're just getting started on your cooking journey, it can be a little intimidating trying out new recipes and maybe even quite discouraging when you don't get it right the first time. But practice makes perfect, so don't give up! To make things easier for you, we've put together a list of six common kitchen or cooking mistakes people make, and how you can avoid them.





# 1 Read up, prep up

Before you start, read your recipe carefully and make sure you have the ingredients the kitchen equipment you need from start to finish on your work station.

*This way, there would be no more fumbling around the fridge or cupboards while your sauce boils over!*

## 2 Pre-heat your pans and ovens

*This tip applies to all kinds of cooking – pre-heating the pan seals the juices of meat patties or slices and gives it a nice brown sear from the moment it hits the pan.*

Not pre-heating your pan can result in soggy food or vegetables that take too long to turn tender. You can tell if your pan is ready if a few drops of water thrown on the cooking surface “jump” and evaporate.



## 3 Size Matters

*When you are boiling food, it’s important to make sure that there’s enough water for the food to “swim”, especially when it comes to pasta, which expands as it cooks.*

If there’s too much food and too little water, the spaghetti turns clumpy and starchy. Likewise, take note of your pan size when you’re frying on a pan. Try not to add too many pieces of meat or vegetable that you have trouble flipping the food, which may not cook evenly.



## 4 Over-Mixing Doughs and Batters

***Over-mixing doughs and batters can result in chewy, slightly tough cakes and muffins.***

Using a good kitchen machine or food processor is an easy way to make sure that you get the consistency you want – just follow the instructions for the right dough or batter texture.



## 5 Add Garlic at the Right Time

Burnt garlic will turn the most well-seasoned meat or vegetable dish bitter, so when you start sautéing your garlic is very important. If possible, try to use minced or smashed garlic, which are less likely to burn in the pan. If you're attempting Western recipes, add the garlic close to the end of the cooking process. If you're cooking Asian stir-fries, which often call for garlic to be sautéed in the beginning, watch carefully and make sure to add liquid or turn down the heat once it turns golden brown.

## 6 Keep Tasting

If you're attempting a dish you seldom prepare or have not cooked before, it's probably a good idea to keep tasting your food every step of the way to avoid under or over seasoning it. Taste early, and often. If you find that you've over seasoned your food, try to dilute it by adding a little lemon juice or vinegar to balance out the flavors.



*With these six tips in hand, get ready to pursue your culinary inspirations and impress your family with healthier and smarter cooking!*



# 7 Easy Cooking Tips for Lazy People

The thought of planning meals, preparing ingredients and the clean up after is enough to put most people off the idea of cooking their own meals.

Although it's easier to order takeout, you shouldn't have to miss out on the joy and satisfaction of providing your family with a healthy, home-cooked meal that's filled with love!

Here are seven ways to keep things simple in the kitchen:







# 1 Stock your pantry with the basics

***You don't need to have a well-stocked, gourmet pantry, but you do need to make sure the basics are covered.***

Keep a supply of carbohydrates like rice, pasta and noodles; canned items like beans and fish; and ready made sauces and soups for a quick meal. Make sure you've got your herbs and spices for seasoning and the right oils for cooking and for salads.

Having all these items available makes it much easier for you to whip up a meal, especially on days when you're pressed for time.



# 2 Stockpile on frozen ingredients

As much as we like to plan out our meals for the week and buy all the necessary ingredients in a single grocery run, that doesn't usually happen. The answer to having good, quality ingredients at your fingertips is to utilise your freezer more. Buy frozen fresh vegetables from the supermarket like peas, corn, spinach and broccoli; or seafood like mussels and scallops.

If you have a reliable fresh fish supplier or a butcher, buy a load of fresh seafood and meats and freeze them so they're ready to use when needed. Having your commonly used ingredients on hand will make it so much easier to cook at a moment's notice.



# 3 Cook an extra batch of food

***Most people like to cook, they just find the prepping and cleaning up part of the process tiresome.***

Once you've motivated yourself to get into the kitchen, why not just cook an extra batch or two to eat the next day or to store in the freezer? After all, you'll be doing around the same amount of prepping and cleaning, might as well get more food out of it!

Want to save even more time? Get a [hand blender](#) that comes with a lid! Once you're done blending your dips or sauces, simply put the lid on your mixing beaker and store it in the fridge.



# 4 Have freezer-friendly containers and bags handy

***You've cooked an extra batch of food to freeze for later consumption, but how should you store it?***

Not all storage bags and containers are freezer-friendly, so it's important to make sure you purchase the right ones that are easily sealable, durable and resistant to cracking at low temperatures. You could also consider getting containers and bags in various sizes, so you can store different portion sizes.

To keep things organised, consider getting a fridge with [multiple compartments](#) so your fresh produce and cooked foods can keep for longer!





## 5 Master a few one-pot meals

Cleaning up is the last thing you want to do after a long day, so [one-pot meals](#) can be a real lifesaver.

Pasta, noodles, or porridge are easy to prepare in a single pot and you can change up the dish depending on the ingredients in your fridge or pantry. Have some ready-to-use cubes of stock, jarred sauces or canned soup on hand to add flavour.

*Once you've got a few one-pot recipes under your belt, you'll be knocking out those dishes in your sleep!*



## 6 Roast your meals

**Many people use their ovens to bake cookies, cupcakes and other sweets, but it's great for savoury meals too.**

Roasting your meats and vegetables not only brings out a different flavour and taste to them, it's also a healthier option! One other advantage is that you can set the oven timer and do other things around the house as your meal cooks. That said, it's good practice to check in on your dish from time to time to make sure it's cooking well.

But if the thought of post-cooking cleaning is still putting you off, consider this: \*Bosch ovens now come with a [self-cleaning](#) function that heats up grime and food spillage, so all that's left is a bit of ash that is super easy to remove!

\*selected models only



## 7 Invest in a food processor

Have you ever come across recipes which state that preparation work takes 15-20 minutes, but you find yourself taking a lot longer? The simple act of chopping onions to fry with minced meat; slicing carrots evenly for a stir-fry; or cutting and grating vegetables for a salad can end up taking an inordinate amount of time.

A [food processor](#) is one appliance that doesn't take up much kitchen space considering all the prep work it can help you with. Many food processors come with accessories that can chop, grind, slice, blend and grate quickly and easily. What once took you precious minutes (that could quickly add up to an hour) can easily be done in seconds.

If you're in the mood to bake, consider getting the [kitchen machine](#). This multipurpose tool has different accessories to help you beat, stir, whisk and knead with minimal work.

*There you have it! Give these tips a try and you may soon find yourself cooking up a storm regularly for your family.*



# A Beginner's Guide to Cheese and Its Health Benefits

Cheese often gets a bad reputation for having high calories. However, before you put away the slicer, realise that not all cheeses are equal. Discover the 4 main types below to make cheese-eating healthy again!



Health Tips



Recommendations



## Buffalo's Cheese

Extremely popular in India, buffalo's cheese is known for its rich flavour and dense calories.



High in protein and low in cholesterol, buffalo's cheese is great for those concerned with cardiovascular health. But it also contains a lot of fat so it won't be appropriate for everyone.<sup>1</sup>



Mozzarella and Paneer



## Cow's Cheese

Given its versatility, cow's milk is the number one dairy source for cheesemaking worldwide.



While cow's cheese is high in calcium, grass-fed sources are more nutritious.<sup>2</sup> On the other hand, cow's milk may be unsuitable for those who are lactose intolerant as the size of the fat molecules may be difficult to digest.<sup>3</sup>



Cottage and Ricotta



## Goat's Cheese

Goat's cheese offers a bright, acidic taste along with a range of unique nutritional benefits.



Goat's cheese is the easiest cheese to digest as it contains the smallest fat molecules out of the 4 dairy sources. It also has moderate levels of probiotics (aka the "good" bacteria) which aid in gastrointestinal health.<sup>4</sup>



Feta and Halloumi



## Sheep's Cheese

Sweet and a good source of protein, cheese was primarily made from sheep's milk in ancient times for good reason!



Sheep's cheese is one of the best sources of calcium, even better than cow's milk.<sup>5</sup> It also contains a range of vitamins and omega-3 fatty acids, but should still be eaten in moderation due to its high levels of sodium.<sup>6</sup>



Manchego and Pecorino Romano

### Sources

1. Buffalo's Cheese  
[www.livestrong.com/article/541536-nutrition-of-buffalo-mozzarella](http://www.livestrong.com/article/541536-nutrition-of-buffalo-mozzarella)
2. Cow's Cheese  
[www.whfoods.com/genpage.php?tname=foodspice&dbid=121](http://www.whfoods.com/genpage.php?tname=foodspice&dbid=121)  
[www.drgourmet.com/askdrgourmet/goatcheeseallergy.shtml](http://www.drgourmet.com/askdrgourmet/goatcheeseallergy.shtml)
3. Goat's Cheese  
Health Benefits: From Foods and Spices By John P. Hunter III
4. Sheep's Cheese  
[www.kingsmeadcheese.co.nz/home/health](http://www.kingsmeadcheese.co.nz/home/health)  
[www.livestrong.com/article/377398-nutrition-information-for-sheep-cheese](http://www.livestrong.com/article/377398-nutrition-information-for-sheep-cheese)





**BOSCH**  
Invented for life

