

INSTRUCTIONS AND RECIPES

FOR YOUR KITCHENAID STAND MIXER

Techniques for peak
performance: The
use and care of your
KitchenAid®
Tilt Head Mixer



FOR THE WAY IT'S MADE.®

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PROOF OF PURCHASE & PRODUCT REGISTRATION

Always keep a copy of the sales receipt showing the date of purchase of your Stand Mixer. Proof of purchase will assure you of in-warranty service.

Before you use your Stand Mixer, please fill out and mail your product registration card packed with the unit.

This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. This card does not verify your warranty.

Please complete the following for your personal records:

Model Number _____

Serial Number _____

Date Purchased _____

Store Name and Location _____

STAND MIXER 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:



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



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 Stand Mixer in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug Stand Mixer from outlet when not in use, before putting on or taking off parts and before cleaning.
5. Avoid contacting moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beater during operation to reduce the risk of injury to persons and/or damage to the Stand Mixer.
6. Do not operate Stand Mixer with a damaged cord or plug or after the Stand Mixer malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest Authorized Service Center for examination, repair or electrical or mechanical adjustment. Call the KitchenAid Customer Satisfaction Center at 1-800-541-6390 (1-800-807-6777 in Canada) for more information.

7. The use of attachments not recommended or sold by KitchenAid may cause fire, electrical shock or injury.
8. Do not use the Stand Mixer outdoors.
9. Do not let the cord hang over edge of table or counter.
10. Remove Flat Beater, Wire Whip or Dough Hook from Stand Mixer before washing.
11. This product is designed for household use only.

SAVE THESE INSTRUCTIONS

ELECTRICAL REQUIREMENTS

Volts: 120 V.A.C. Hertz: 60 Hz

The wattage rating for your Stand Mixer is printed on a tag under the mixer base. It is also listed on the trim band.

If the power cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

WARNING



Electrical Shock Hazard

**Plug into a grounded
3 prong outlet.**

**Do not remove
ground prong.**

Do not use an adapter.

**Do not use an
extension cord.**

**Failure to follow these
instructions can result
in death, fire, or
electrical shock.**

KITCHENAID® STAND MIXER WARRANTY

Length of Warranty:	KitchenAid Will Pay For:	KitchenAid Will Not Pay For:
<p>50 United States, the District of Columbia, Canada, and Puerto Rico: One-year limited warranty from date of purchase.</p>	<p>50 United States, the District of Columbia and Canada: Hassle-free replacement of your Stand Mixer. See the following page for details on how to arrange for replacement.</p> <p>OR</p> <p>In Puerto Rico: The replacement parts and repair labor costs to correct defects in materials and workmanship. Service must be provided by an Authorized KitchenAid Service Center. To arrange for service, follow the instructions on page 8.</p>	<p>A. Repairs when Stand Mixer is used in other than normal single family home use.</p> <p>B. Damage resulting from accident, alteration, misuse or abuse or use with products not approved by KitchenAid.</p> <p>C. Replacement parts or repair labor costs for Stand Mixer when operated outside the country of purchase.</p>

DISCLAIMER OF IMPLIED WARRANTIES; LIMITATION OF REMEDIES

IMPLIED WARRANTIES, INCLUDING TO THE EXTENT APPLICABLE WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE EXCLUDED TO THE EXTENT LEGALLY PERMISSIBLE. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO ONE YEAR, OR THE SHORTEST PERIOD ALLOWED BY LAW. SOME STATES AND PROVINCES DO NOT ALLOW LIMITATIONS OR EXCLUSIONS ON HOW LONG AN IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS LASTS, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.

IF THIS PRODUCT FAILS TO WORK AS WARRANTED, CUSTOMER'S SOLE AND EXCLUSIVE REMEDY SHALL BE REPAIR OR REPLACEMENT ACCORDING TO THE TERMS OF THIS LIMITED WARRANTY. KITCHENAID AND KITCHENAID CANADA DO NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. This warranty gives you specific legal rights and you may also have other rights which vary from state to state or province to province.

HASSLE-FREE REPLACEMENT WARRANTY – 50 UNITED STATES AND DISTRICT OF COLUMBIA

We're so confident the quality of our products meets the exacting standards of KitchenAid that, if your Stand Mixer should fail within the first year of ownership, KitchenAid will arrange to deliver an identical or comparable replacement to your door free of charge and arrange to have your original Stand Mixer returned to us. Your replacement unit will also be covered by our one year limited warranty. Please follow these instructions to receive this quality service.

If your KitchenAid® Stand Mixer should fail within the first year of ownership, simply call our toll-free Customer Satisfaction Center at 1-800-541-6390 Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m. Give the consultant your complete shipping address. (No P.O. Box numbers, please.)

When you receive your replacement Stand Mixer, use the carton and packing materials to pack up your original Stand Mixer. In the carton, include your name and address on a sheet of paper along with a copy of the proof of purchase (register receipt, credit card slip, etc.).

HASSLE-FREE REPLACEMENT WARRANTY – CANADA

We're so confident the quality of our products meets the exacting standards of the KitchenAid brand that, if your Stand Mixer should fail within the first year of ownership, KitchenAid Canada will replace your Stand Mixer with an identical or comparable replacement. Your replacement unit will also be covered by our one year limited warranty. Please follow these instructions to receive this quality service.

If your KitchenAid® Stand Mixer should fail within the first year of ownership, take the Stand Mixer or ship collect to an Authorized KitchenAid Canada Service Centre. In the carton include your name and complete shipping address along with a copy of the proof of purchase (register receipt, credit card slip, etc.). Your replacement Stand Mixer will be returned prepaid and insured. If you are unable to obtain satisfactory service in this manner call our toll-free Customer Interaction Centre at 1-800-807-6777.

Or write to us at:
Customer Interaction Centre
KitchenAid Canada
1901 Minnesota Court
Mississauga, ON L5N 3A7

HOW TO ARRANGE FOR WARRANTY SERVICE IN PUERTO RICO

Your KitchenAid® Stand Mixer is covered by a one-year limited warranty from the date of purchase. KitchenAid will pay for replacement parts and labor costs to correct defects in materials and workmanship. Service must be provided by an Authorized KitchenAid Service Center.

Take the Stand Mixer or ship prepaid and insured to an Authorized KitchenAid Service Center. Your repaired Stand Mixer will be returned prepaid and insured. If you are unable to obtain satisfactory service in this manner, call toll-free 1-800-541-6390 to learn the location of a Service Center near you.

HOW TO ARRANGE FOR SERVICE AFTER THE WARRANTY EXPIRES – ALL LOCATIONS

Before calling for service, please review the Troubleshooting section on page 9.

For service information in the 50 United States, District of Columbia, and Puerto Rico, call toll-free 1-800-541-6390.

Or write to:
Customer Satisfaction Center
KitchenAid Portable Appliances
P.O. Box 218
St. Joseph, MI 49085-0218

Or contact an Authorized Service Center near you.

For service information in Canada, call toll-free 1-800-807-6777.

Or write to:
Customer Interaction Centre
KitchenAid Canada
1901 Minnesota Court
Mississauga, ON L5N 3A7

HOW TO ARRANGE FOR SERVICE OUTSIDE THESE LOCATIONS

Consult your local KitchenAid dealer or the store where you purchased the Stand Mixer for information on how to obtain service.

For service information in Mexico, call toll-free 01-800-024-1717 (JV Distribuciones)

Or
01-800-902-3100
(Industrias Birtman)

HOW TO ORDER ACCESSORIES AND REPLACEMENT PARTS

To order accessories or replacement parts for your Stand Mixer in the 50 United States, District of Columbia, and Puerto Rico,

call toll-free 1-800-541-6390
Monday through Friday,
8 a.m. to 8 p.m. (Eastern Time),
or Saturday, 10 a.m. to 5 p.m.

Or write to:

Customer Satisfaction Center
KitchenAid Portable Appliances
P.O. Box 218
St. Joseph, MI 49085-0218

To order accessories or replacement parts for your Stand Mixer in Canada,

call toll-free 1-800-807-6777.

Or write to:

Customer Interaction Centre
KitchenAid Canada
1901 Minnesota Court
Mississauga, ON L5N 3A7

To order accessories or replacement parts for your Stand Mixer in Mexico,

call toll-free
01-800-024-17-17
(JV Distribuciones)

Or

01-800-902-31-00
(Industrias Birtman)

TROUBLESHOOTING PROBLEMS

Please read the following before calling your service center.

1. The Stand Mixer may warm up during use. Under heavy loads with extended mixing time periods, you may not be able to comfortably touch the top of the Stand Mixer. This is normal.
2. The Stand Mixer may emit a pungent odor, especially when new. This is common with electric motors.
3. If the Flat Beater hits the bowl, stop the Stand Mixer. See "Beater to Bowl Clearance," page 14.

Keep a copy of the sales receipt showing the date of purchase. Proof of purchase will assure you of in-warranty service.

If your Stand Mixer should malfunction or fail to operate, please check the following:

- Is the Stand Mixer plugged in?
- Is the fuse in the circuit to the Stand Mixer in working order? If you have a circuit breaker box, be sure the circuit is closed.

- Turn the Stand Mixer off for 10-15 seconds, then turn it back on. If the mixer still does not start, allow it to cool for 30 minutes before turning it back on.

If the problem cannot be fixed with the steps provided in this section, then contact KitchenAid or an Authorized Service Center:

USA/Puerto Rico: 1-800-541-6390

Canada: 1-800-807-6777

Mexico: 01-800-024-17-17

(JV Distribuciones)

Or

01-800-902-31-00

(Industrias Birtman)

See the KitchenAid Warranty and Service section on page 6 for additional details. Do not return the Stand Mixer to the retailer – they do not provide service.

TILT-HEAD STAND MIXER FEATURES



NOTE: This photo shows the Artisan® Series Stand Mixer. The features on your mixer model may differ slightly.

ASSEMBLING YOUR TILT-HEAD STAND MIXER

⚠ WARNING



Electrical Shock Hazard

Plug into a grounded 3 prong outlet.

Do not remove ground prong.

Do not use an adapter.

Do not use an extension cord.

Failure to follow these instructions can result in death, fire, or electrical shock.



To Attach Bowl

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Place bowl on bowl clamping plate.
5. Turn bowl gently into clockwise direction.
6. Plug into a grounded 3 prong outlet.

To Remove Bowl

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Turn bowl counterclockwise.



To Attach Flat Beater, Wire Whip, or Dough Hook

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Slip beater onto beater shaft and press upward as far as possible.
5. Turn beater to right, hooking beater over pin on shaft.
6. Plug into a grounded 3 prong outlet.

To Remove Flat Beater, Wire Whip or Dough Hook

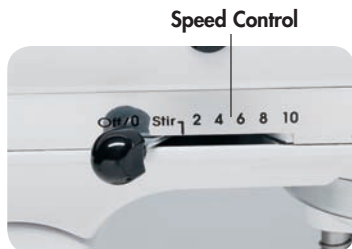
1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Press beater upward as far as possible and turn left.
5. Pull beater from beater shaft.

Continued on next page

ASSEMBLING YOUR TILT-HEAD STAND MIXER

To Operate Speed Control

Speed control lever should always be set on lowest speed for starting, then gradually moved to desired higher speed to avoid splashing ingredients out of bowl. See page 15 for Speed Control Guide.



To Lock Motor Head

1. Make sure motor head is completely down.
2. Place locking lever in LOCK position.
3. Before mixing, test lock by attempting to raise head.

To Unlock Motor Head

1. Place lever in UNLOCK position.

NOTE: Motor head should always be kept in LOCK position when using mixer.



USING YOUR POURING SHIELD*

To Attach Pouring Shield

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Attach Flat Beater, Dough Hook, or Wire Whip and bowl (see page 11).
4. From the front of the mixer, slide the Pouring Shield over the bowl until the shield is centered. The bottom rim of the shield should fit within the bowl.



To Remove Pouring Shield

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Lift the front of the Pouring Shield clear of the bowl rim and pull forward.
4. Remove attachment and bowl.

To Use Pouring Shield

1. For best results, rotate the shield so the motor head covers the "u" shaped gap in the shield. The pouring chute will be just to the right of the attachment hub as you face the mixer.
2. Pour the ingredients into the bowl through the pouring chute.

* If Pouring Shield is included.

USING YOUR KITCHENAID® ACCESSORIES



Flat Beater for normal to heavy mixtures:

cakes	biscuits
creamed frostings	quick breads
candies	meat loaf
cookies	mashed potatoes
pie pastry	



Wire Whip for mixtures that need air incorporated:

eggs	sponge cakes
egg whites	angel food cakes
heavy cream	mayonnaise
boiled frostings	some candies



Dough Hook for mixing and kneading yeast doughs:

bread	coffee cakes
rolls	buns

MIXING TIME

Your KitchenAid® Stand Mixer will mix faster and more thoroughly than most other electric Stand Mixers. Therefore, the mixing time in most traditional and non-packaged recipes must be adjusted to avoid overbeating. With cakes, for example, beating time may be half as long as with other Stand Mixers.

TILT-HEAD STAND MIXER USE

⚠ WARNING

Injury Hazard

Unplug mixer before touching beaters.

Failure to do so can result in broken bones, cuts or bruises.

NOTE: Do not scrape the bowl while the Stand Mixer is operating.

The bowl and beater are designed to provide thorough mixing without frequent scraping. Scraping the bowl once or twice during mixing is usually sufficient. Turn the Stand Mixer off before scraping.

The Stand Mixer may warm up during use. Under heavy load with extended mixing time, you may not be able to comfortably touch the top of the Stand Mixer. This is normal.

CARE AND CLEANING

Bowl, white Flat Beater and white Dough Hook may be washed in an automatic dishwasher. Or, clean them thoroughly in hot sudsy water and rinse completely before drying. Wire Whip, burnished Dough Hook and burnished Flat Beater should be hand washed and dried immediately. Do not wash the Wire Whip, burnished Dough Hook and burnished Flat Beater in a dishwasher. Do not store the beaters on the shaft.

NOTE: Always be sure to unplug the Stand Mixer before cleaning. Wipe the Stand Mixer with a soft, damp cloth. Do not use household or commercial cleaners. Do not immerse in water. Wipe off the beater shaft frequently, removing any residue that may accumulate.

BEATER TO BOWL CLEARANCE

Your Stand Mixer is adjusted at the factory so the Flat Beater just clears the bottom of the bowl. If, for any reason, the Flat Beater hits the bottom of the bowl or is too far away from the bowl, you can correct the clearance easily.

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Turn screw (A) SLIGHTLY counterclockwise (left) to raise the Flat Beater or clockwise (right) to lower the Flat Beater.
5. Make adjustment so that the Flat Beater just clears the surface of the bowl. If you over adjust the screw, you may not be able to lock the motor head when it is lowered.

NOTE: When properly adjusted, the Flat Beater will not strike the bottom or side of the bowl. If the Flat Beater or the Wire Whip is adjusted so that it strikes the bowl, the coating may wear off the beater, or the wires on the whip may wear.



SPEED CONTROL GUIDE

SPEED	USE FOR	DESCRIPTION
Stir	STIRRING	For slow stirring, combining, mashing, starting all mixing procedures. Use to add flour and dry ingredients to batter, add liquids to dry ingredients, and combine heavy mixtures. Use with Ice Cream Maker attachment.
2	SLOW MIXING	For slow mixing, mashing, faster stirring. Use to mix heavy batters and candies, start mashing potatoes or other vegetables, cut shortening into flour, mix thin or splashy batters, and mix and knead yeast dough. Use with Can Opener attachment.
4	MIXING, BEATING	For mixing semi-heavy batters, such as cookies. Use to combine sugar and shortening and to add sugar to egg whites for meringues. Medium speed for cake mixes. Use with: Food Grinder, Rotor Slicer/Shredder, and Fruit/Vegetable Strainer.
6	BEATING, CREAMING	For medium fast beating (creaming) or whipping. Use to finish mixing cake, doughnut, and other batters. High speed for cake mixes. Use with Citrus Juicer attachment.
8	FAST BEATING, WHIPPING	For whipping cream, egg whites, and boiled frostings.
10	FAST WHIPPING	For whipping small amounts of cream or egg whites. Use with Pasta Maker and Grain Mill attachments.

NOTE: Mixer may not maintain fast speeds under heavy load, such as when the Pasta Maker or Grain Mill attachments are used. This is normal.

NOTE: The Speed Control Lever can be set between the speeds listed in the above chart to obtain speeds 3, 5, 7, and 9 if a finer adjustment is required.

Use Speed 2 when preparing yeast dough – using any other speed may damage the mixer.

MIXING TIPS

Converting Your Recipe for the Mixer

The mixing instructions for recipes in this book can guide you in converting your own favorite recipes for preparation with your KitchenAid® Stand Mixer. Look for recipes similar to yours and then adapt your recipes to use the procedures in the similar KitchenAid recipes.

For example, the “quick mix” method (sometimes referred to as the “dump” method) is ideal for simple cakes, such as the Quick Yellow Cake and Easy White Cake included in this book. This method calls for combining dry ingredients with most or all liquid ingredients in one step.

More elaborate cakes, such as tortes, should be prepared using the traditional cake mixing method. With this method, sugar and the shortening, butter, or margarine are thoroughly mixed (creamed) before other ingredients are added.

For all cakes, mixing times may change because your KitchenAid® Stand Mixer works more quickly than other mixers. In general, mixing a cake with the KitchenAid® Stand Mixer will take about half the time called for in most traditional and non-packaged cake recipes.

To help determine the ideal mixing time, observe the batter or dough and mix only until it has the desired appearance described in your recipe, such as “smooth and creamy.”

To select the best mixing speeds, use the Speed Control Guide on page 15.

Adding Ingredients

Always add ingredients as close to side of bowl as possible, not directly into the moving beater. The Pouring Shield can be used to simplify adding ingredients.

NOTE: If ingredients in very bottom of bowl are not thoroughly mixed, then the beater is not far enough into the bowl. See “Beater to Bowl Clearance” on page 14.

Cake Mixes

When preparing packaged cake mixes, use Speed 2 for low speed, Speed 4 for medium speed, and Speed 6 for high speed. For best results, mix for the time stated on the package directions.

Adding Nuts, Raisins, or Candied Fruits

Follow individual recipes for guidelines on including these ingredients. In general, solid materials should be folded in the last few seconds of mixing on Stir Speed. The batter should be thick enough to prevent the fruit or nuts from sinking to the bottom of the pan during baking. Sticky fruits should be dusted with flour for better distribution in the batter.

Liquid Mixtures

Mixtures containing large amounts of liquid ingredients should be mixed at lower speeds to avoid splashing. Increase mixer speed only after the mixture has thickened.

EGG WHITES

Place room temperature egg whites in a clean, dry bowl. Attach bowl and Wire Whip. To avoid splashing, gradually turn to designated speed and whip to the desired stage. See chart below.

AMOUNT	SPEED	Soft Peak
1 egg white	GRADUALLY to 10	Tips of peaks fall over when Wire Whip is removed.
2+ egg whites	GRADUALLY to 8	
Whipping Stages		Almost Stiff
With your KitchenAid® Stand Mixer, egg whites whip quickly. So, watch closely to avoid overwhipping. This list tells you what to expect.		Sharp peaks form when Wire Whip is removed, but whites are actually soft.
Frothy		Stiff But Not Dry
Large, uneven air bubbles.		Sharp, stiff peaks form when Wire Whip is removed. Whites are uniform in color and glisten.
Begins to Hold Shape		Stiff and Dry
Air bubbles are fine and compact; product is white.		Sharp, stiff peaks form when Wire Whip is removed. Whites are speckled and dull in appearance.

WHIPPED CREAM

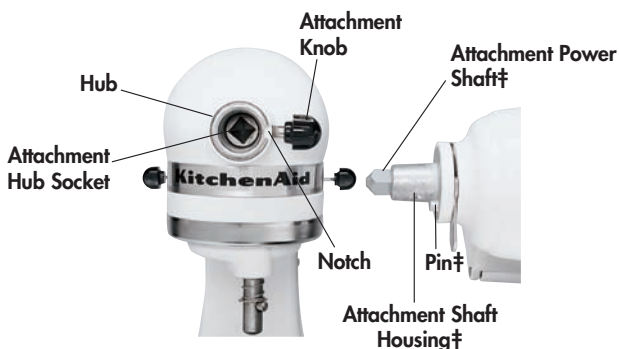
Pour cold whipping cream into a chilled bowl. Attach bowl and Wire Whip. To avoid splashing, gradually turn to designated speed and whip to the desired stage. See chart below.

AMOUNT	SPEED	Begins to Thicken
¼ - ¾ cup	GRADUALLY to 10	Cream is thick and custard-like.
(60 ml - 175 ml)		
1+ cup	GRADUALLY to 8	
(235 ml +)		
Whipping Stages		Holds Its Shape
Watch the cream closely during whipping. Because your KitchenAid® Stand Mixer whips so quickly, there are just a few seconds between whipping stages. Look for these characteristics:		Cream forms soft peaks when Wire Whip is removed. Can be folded into other ingredients when making desserts and sauces.
		Stiff
		Cream stands in stiff, sharp peaks when Wire Whip is removed. Use for topping on cakes or desserts, or filling for cream puffs.

ATTACHMENTS AND ACCESSORIES

General Information

KitchenAid® attachments are designed to assure long life. The attachment power shaft and hub socket are of a square design, to eliminate any possibility of slipping during the transmission of power to the attachment. The hub and shaft housing are tapered to assure a snug fit, even after prolonged use and wear. KitchenAid® attachments require no extra power unit to operate them; the power unit is built in.



‡Not part of mixer.

GENERAL INSTRUCTIONS

To Attach

1. Turn the speed control to OFF.
2. Unplug mixer or disconnect power.
3. Loosen the attachment knob by turning it counterclockwise, and remove the attachment hub cover or flip up hinged hub cover.
4. Insert the attachment shaft housing into the attachment hub, making certain the attachment power shaft fits into the square attachment hub socket. It may be necessary to rotate the attachment back and forth. When the attachment is in proper position, the pin on the attachment will fit into the notch on the hub rim.
5. Tighten the attachment knob by turning it clockwise until the attachment is completely secured to mixer.

To Remove

1. Turn the speed control to OFF.
2. Unplug mixer or disconnect power.
3. Loosen the attachment knob by turning it counterclockwise. Rotate the attachment slightly back and forth while pulling it out.
4. Replace the attachment hub cover. Tighten attachment knob by turning it clockwise.

⚠ WARNING



Electrical Shock Hazard

**Plug into a grounded
3 prong outlet.**

**Do not remove
ground prong.**

Do not use an adapter.

**Do not use an
extension cord.**

**Failure to follow these
instructions can result
in death, fire, or
electrical shock.**

6. Plug into a grounded
3 prong outlet.

METRIC CONVERSION CHART

VOLUME MEASUREMENTS (DRY)

$\frac{1}{8}$ teaspoon = 0.5 mL
$\frac{1}{4}$ teaspoon = 1 mL
$\frac{1}{2}$ teaspoon = 2 mL
$\frac{3}{4}$ teaspoon = 4 mL
1 teaspoon = 5 mL
1 tablespoon = 15 mL
2 tablespoons = 30 mL
$\frac{1}{4}$ cup = 60 mL
$\frac{1}{3}$ cup = 75 mL
$\frac{1}{2}$ cup = 125 mL
$\frac{2}{3}$ cup = 150 mL
$\frac{3}{4}$ cup = 175 mL
1 cup = 250 mL
2 cups = 1 pint = 500 mL
3 cups = 750 mL
4 cups = 1 quart = 1 L

VOLUME MEASUREMENTS (FLUID)

1 fluid ounce (2 tablespoons) = 30 mL
4 fluid ounces ($\frac{1}{2}$ cup) = 125 mL
8 fluid ounces (1 cup) = 250 mL
12 fluid ounces ($1\frac{1}{2}$ cups) = 375 mL
16 fluid ounces (2 cups) = 500 mL

WEIGHTS (mass)

$\frac{1}{2}$ ounce = 15 g
1 ounce = 30 g
3 ounces = 90 g
4 ounces = 120 g
8 ounces = 225 g
10 ounces = 285 g
12 ounces = 360 g
16 ounces = 1 pound = 450 g

DIMENSIONS

$\frac{1}{16}$ inch = 2 mm
$\frac{1}{8}$ inch = 3 mm
$\frac{1}{4}$ inch = 6 mm
$\frac{1}{2}$ inch = 1.5 cm
$\frac{3}{4}$ inch = 2 cm
1 inch = 2.5 cm

OVEN TEMPERATURES

250°F = 120°C
275°F = 140°C
300°F = 150°C
325°F = 160°C
350°F = 180°C
375°F = 190°C
400°F = 200°C
425°F = 220°C
450°F = 230°C

BAKING PAN SIZES

Utensil	Size in Inches/ Quarts	Metric Volume	Size in Centimeters
Baking or Cake Pan (square or rectangular)	8×8×2	2 L	20×20×5
	9×9×2	2.5 L	23×23×5
	12×8×2	3 L	30×20×5
	13×9×2	3.5 L	33×23×5
Loaf Pan	8×4×3	1.5 L	20×10×7
	9×5×3	2 L	23×13×7
Round Layer Cake Pan	8×1½	1.2 L	20×4
	9×1½	1.5 L	23×4
Pie Plate	8×1¼	750 mL	20×3
	9×1¼	1 L	23×3
Baking Dish or Casserole	1 quart	1 L	—
	1½ quart	1.5 L	—
	2 quart	2 L	—