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Recipes

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YIELD 4-6 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 20 MINUTES
TOTAL TIME 35 MINUTES

INGREDIENTS

4 TABLESPOONS UNSALTED BUTTER
4 TABLESPOONS ALL-PURPOSE FLOUR
2 ½ CUPS OF WHOLE MILK
½ CUP HEAVY CREAM
1 TEASPOON KOSHER SALT
1 TEASPOON BLACK PEPPER
½ TEASPOON DIJON MUSTARD
½ TEASPOON FRESHLY GRATED NUTMEG
¼ TEASPOON CAYENNE PEPPER (OPTIONAL)
8 OUNCES SHARP CHEDDAR CHEESE, GRATED
6 OUNCES GRUYERE CHEESE, GRATED
5 OUNCES GOUDA CHEESE, GRATED
16 OUNCES LARGE SHELLS PASTA

Macaroni & Cheese

Directions

Bring a large pot of salted water to boil and cook the pasta according to the packages directions, drain and set aside. In a large heavy bottomed pot over medium heat add the butter and start to melt. Attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on high speed. Add the flour to begin the roux and cook until the flour and butter are a pale golden brown color – about 2-3 minutes.

Reduce the speed of the Stirrific by pressing the [I/II] button to low and very carefully pour in a small amount of milk to mix with the roux. Continue to add the milk in small increments to avoid lumps. Once all the milk is added, pour in the heavy cream, salt, pepper, mustard, nutmeg and cayenne pepper. Bring the mixture up to a simmer and then reduce the heat down to keep from boiling. At this point the béchamel sauce should be thickened and you can check by dipping a wooden spoon into the sauce and running your finger on the back of the spoon, if a line stays on the spoon the sauce is properly thickened. Start to add the cheese in small amounts waiting to add more until it is completely melted. Once all the cheese is added cook the sauce for about 1-2 additional minutes.

Carefully remove the Stirrific and add in the cooked pasta to the sauce. Taste and adjust seasoning as necessary. Serve immediately.



YIELD 4 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 40 MINUTES
TOTAL TIME 55 MINUTES

INGREDIENTS

**8 OUNCES CREMINI MUSHROOMS,
CLEANED AND SLICED**

5 OUNCES SLICED SHIITAKE MUSHROOMS

1 MEDIUM YELLOW ONION, FINELY DICED

2 GARLIC CLOVES, MINCED

1 CUP ARBORIO RICE

½ CUP DRY WHITE WINE

4 CUPS LOW-SODIUM CHICKEN STOCK

2 SPRIGS FRESH THYME

KOSHER SALT AND BLACK PEPPER

½ CUP GRATED PARMIGIANO REGGIANO CHEESE

Mushroom Risotto

Directions

In a heavy bottomed large pot or dutch oven over medium heat drizzle 2 tablespoons of olive oil and add the sliced cremini and shiitake mushrooms. Attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on low speed. Cook the mushrooms for about 6-8 minutes or until they reduce in size by about half.

Add in the onions and garlic and cook for 2-3 minutes or until the onions start to soften and become translucent. Add the rice and toast for 1 minute and then pour in the white wine. Cook until the wine is mostly absorbed by the rice. Begin to add the stock to the rice in ½ cup increments, adding more as the stock is slowly absorbed into the rice.

While the Stirrific is stirring the rice it may be pushed to the sides of the pan and you will have to turn the machine off to scrape down the sides and push the food back into the center of the pot. This may be necessary to do a few times during the risotto making process. Cook the rice until the risotto is toothsome and creamy. Remove the Stirrific and add the fresh thyme, parmigiano reggiano cheese and season to taste with salt and pepper. Serve immediately.



YIELD 4 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 40 MINUTES
TOTAL TIME 55 MINUTES

INGREDIENTS

4 TABLESPOONS UNSALTED BUTTER
4 TABLESPOONS ALL-PURPOSE FLOUR
1 RED BELL PEPPER, DICED
1 LARGE ONION, DICED
2 CELERY STALKS, DICED
2 GARLIC CLOVES, MINCED
1 TABLESPOONS TOMATO PASTE
1 TEASPOON CAJUN SPICE
1 CUP DRAINED CANNED DICED TOMATOES
OR DICED FRESH TOMATOES
8 OUNCES ANDOUILLE SAUSAGE, SLICE ¼ INCH THICK
4 CUPS LOW-SODIUM CHICKEN STOCK
2 SPRIGS FRESH THYME
¾ LB SHRIMP, PEELED AND DEVEINED
SALT AND PEPPER TO TASTE
SCALLIONS FOR GARNISH
RICE TO SERVE

Shrimp and Sausage Gumbo

Directions

In a large heavy bottomed pot over medium heat add the butter and start to melt. Attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on high speed. Add the flour to begin the roux and cook until the flour and butter makes a dark roux – almost the color of milk chocolate, about 10 minutes.

Reduce the speed of the Stirrific to low and add in the diced bell pepper, onion and celery. Cook for about 5-7 minutes or until the vegetables start to soften and the onion becomes translucent. Stir in the garlic and cook for 30 seconds and then the tomato paste, cajun seasoning and diced tomatoes. If necessary, turn off the Stirrific to scrape the food from the sides of the pan back into the center and start the machine back up again.

Add in the andouille sausage and the chicken stock. Bring the stock up to a boil and reduce down to a simmer to cook for about 20-25 minutes. After 25 minutes the gumbo should thicken up a bit and then add the shrimp to cook for about 2-3 minutes or until it pink throughout. Stir in the fresh thyme and season with salt and pepper to taste. Serve the gumbo over rice and garnish with chopped scallions.



YIELD ABOUT 1 CUP OF CURD
PREP TIME 5 MINUTES
COOKING TIME 10 MINUTES
TOTAL TIME 15 MINUTES

INGREDIENTS

½ CUP FRESH LEMON JUICE
1 TABLESPOONS LEMON ZEST
½ CUP CANE SUGAR
3 LARGE EGGS
6 TABLESPOONS COLD UNSALTED BUTTER
CUT INTO CUBES
RICE TO SERVE

Lemon Curd

Directions

In a heavy bottom pot add the lemon juice, zest, sugar and eggs, attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on high speed. Turn on the heat to medium low and cook the mixture for about 1 minute, begin to add in the butter one piece at a time, adding more as it melts.

Once all the butter as been added, cook the curd for about 6 minutes or until it has thickened up. Remove from the heat and scrape through a fine mesh sieve into a bowl to catch any cooked pieces of eggs. Let sit at room temperature for about 10-15 minutes to cool and then refrigerate until chilled completely.

Serve lemon curd over ice cream or pound cake. Curd will stay fresh in the refrigerator for about 3-4 days.



YIELD 4-6 SERVINGS
PREP TIME 20 MINUTES
COOKING TIME 45 MINUTES
TOTAL TIME 1 HOUR 5 MINUTES

INGREDIENTS

2 DOZEN CHERRYSTONE OR LITTLENECK CLAMS,
SCRUBBED CLEAN

8 OUNCES BACON, DICED

2 CELERY STALKS, DICED

1 MEDIUM YELLOW ONION, DICED

1 GARLIC CLOVE, MINCED

1LB YUKON GOLD POTATOES,
PEELED AND CUT INTO ½ INCH DICE

4 SPRIGS FRESH THYME

1 ½ TABLESPOONS CORNSTARCH

1 CUP HEAVY CREAM

KOSHER SALT AND PEPPER TO TASTE

New England Clam Chowder

Directions

Place the cleaned clams in a large dutch oven or stock pot and fill with 2 cups of water and cover. Bring the water to a boil over medium heat and steam the clams until shells open about 8-10 minutes, removing the clams from the pot as they open up as to not overcook. Discard any unopened shells. Remove the clams from the shells and roughly chop, set aside. Set the clams aside and strain the broth through a fine mesh sieve, you should have 4 cups of clam stock. This can be made 1 day ahead of time if desired.

Attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on low speed. Drizzle 1 tablespoons of olive oil in the bottom of the pot and add the diced bacon over medium heat, cook until crisp. Add in the celery and onion and cook until soft and translucent – about 5-6 minutes. Then add the garlic and cook for 30 seconds.

Add the potatoes, reserved clam broth and thyme, bring the broth to a simmer and cook until the potatoes are tender about 20-25 minute. In a small bowl whisk together the cornstarch with a small amount of water to create a slurry. Pour it into the soup and bring up to a boil to thicken, reduce back down to a simmer and whisk in the heavy cream. Cook until the soup has thickened up about 5-6 minutes. Stir in the reserved clams and season to taste with salt and pepper.



YIELD 1 CUP ONIONS
PREP TIME 10 MINUTES
COOKING TIME 40 MINUTES
TOTAL TIME 50 MINUTES

INGREDIENTS

**3 LARGE SPANISH OR VIDALIA ONIONS,
THINLY SLICED**

2 TABLESPOONS OLIVE OIL

Caramelized Onions

Directions

In a heavy bottomed pot over medium heat add the sliced onions and olive oil, attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on low speed.

Cook the onions for 35-40 minutes until they are golden brown and caramelized. You may need to check on the pot occasionally to make sure the onions are not burning and adjust the temperature as necessary and also to turn off the Stirrific and move the onions away from the side of the pot.

Serve the onions on top of a burger, steak or accompanying polenta recipe.



YIELD 4 SERVINGS
PREP TIME 5 MINUTES
COOKING TIME 40 MINUTES
TOTAL TIME 45 MINUTES

INGREDIENTS

4 CUPS WATER
1 TEASPOON KOSHER SALT
1 CUP POLENTA
1 CUP SHREDDED SHARP CHEDDAR
CARAMELIZED ONIONS (SEE RECIPE ON PAGE 7)
SALT AND PEPPER TO TASTE

Cheddar Polenta with Caramelized Onions

Directions

In a large heavy bottomed pot bring the salted water to a boil and add the polenta. Attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on low speed.

Reduce the temperature down to low and continue to cook the polenta for 30 minutes for a soft consistency and 40 minutes for a thicker polenta. At some point during the cooking turn off the Stirrific and scrape down the sides and bottom of the pan and then turn the machine back on again.

After 40 minutes stir in the cheese and season to taste with salt and pepper. Serve with caramelized onions on top.



YIELD 4 SERVINGS
PREP TIME 5 MINUTES
COOKING TIME 30 MINUTES
TOTAL TIME 35 MINUTES

INGREDIENTS

4 CUPS WATER
1 CUP STEEL CUT OATS
2 RIPE BANANAS
1/3 CUP CHOPPED WALNUTS
2 TABLESPOONS BROWN SUGAR
2 TABLESPOONS UNSALTED BUTTER
1/4 TEASPOONS CINNAMON

Banana Foster Oatmeal

Directions

Bring the water to boil in a heavy bottom pot fitted with the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on low speed. Pour in the oats and cook for 25-30 minutes or until the oats have absorbed all the liquid.

Once the oats have cooked completely prepare the topping by melting the butter in a small skillet and stirring in the brown sugar, walnuts and cinnamon. Cook until the sugar has dissolved completely and coats the walnuts. Cook for about 1-2 minutes more until the walnuts are toasted and lightly caramelized.

Divide the oatmeal between 4 bowls and slice 1/2 banana on top of each bowl of oatmeal, top each bowl with some of the walnut mixture and serve.



YIELD 4 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 30 MINUTES
TOTAL TIME 45MINUTES

INGREDIENTS

- 1 MEDIUM YELLOW ONION, DICED
- 2 MEDIUM CARROTS, DICED
- 2 CELERY STALKS, DICED
- 3 GARLIC CLOVES, MINCED
- 2 TABLESPOONS TOMATO PASTE
- 1LB GROUND BEEF
- 1 CUP DRY WHITE WINE
- 1 -28 OUNCE CAN CRUSHED TOMATOES
- 1 TEASPOON DRIED OREGANO
- SALT AND PEPPER TO TASTE
- ½ TEASPOON RED PEPPER FLAKES
- PASTA TO SERVE

Bolognese Sauce

Directions

In a heavy bottom pot over medium heat drizzle 1 tablespoons olive oil and add the onions, carrots and celery and attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on low speed. Cook the vegetables until the onions are soft and translucent about 5-7 minutes and then add the garlic to cook for 30 seconds.

Add in the tomato paste and then the ground beef, breaking up into small pieces before adding into the pot. Cook the beef until it is browned and no longer pink throughout. At some point you may need to turn off the machine and scrape the food away from the sides. Turn the machine back on and add the white wine, crushed tomatoes, oregano, salt, pepper and red pepper flakes.

Bring the sauce up to a simmer and then reduce the heat down to low to cook for 25 minutes. While the sauce is cooking prepare your pasta of choice to serve with the sauce. After 25 minutes taste and adjust seasoning as necessary. Serve the sauce over pasta.



YIELD 6 SERVINGS
PREP TIME 5 MINUTES
COOKING TIME 15 MINUTES
TOTAL TIME 20 MINUTES

INGREDIENTS

3 LARGE EGG YOLKS
2 ¼ CUPS WHOLE MILK
½ CUP CANE SUGAR
2 TABLESPOONS CORNSTARCH
3 TABLESPOONS COCOA POWDER
¼ TEASPOON SALT
6 OUNCES SEMI-SWEET CHOCOLATE
2 TABLESPOONS UNSALTED BUTTER
1 TEASPOON PURE VANILLA EXTRACT
WHIPPED CREAM TO SERVE

Chocolate Pudding

Directions

In a small bowl whisk together the egg yolks and set aside. In a heavy bottom pot add the milk, sugar, cornstarch, cocoa powder and salt and attach the Stirrific Hands-Free Auto Stirrer and press the on/off button and then the speed button (I/II) to make sure it is on low speed. Heat on medium and bring to a simmer.

While whisking, ladle a small amount of hot milk into the yolks to temper the eggs and then slowly drizzle back into the pot. Bring the temperature back up to a simmer and continue to run the Stirrific until the mixture begins to thicken. Once it does immediately remove from the heat source. Place the chocolate in a large bowl with a strainer set over top. Pour the custard through the strainer and discard any solids. Let sit for about 2-3 minutes to let the chocolate melt and then stir until smooth. Whisk in the vanilla extract.

Divide the pudding between 6 small jars or individual containers and place plastic wrap on top to prevent a skin from forming. Place in the refrigerator to chill completely before serving. When ready to serve top with a dollop of whipped cream.