



healthkick[®]

**FOOD GRINDER
& SAUSAGE PROCESSOR
RECIPE BOOK**

The HealthKick Food Grinder & Sausage Processor is a great way to ensure you have perfectly flavoured meats, vegetables and other foods without the need for additives or preservatives.

Grinding your own food results in a higher quality of flavour and taste and it can save money.

A food grinder can be useful for vegetarian dishes. You can grind different types of vegetables and nuts with ease with a heavy-duty food grinder. It comes handy when you prepare pickles and relishes. Many chefs prefer a meat/food grinder over a vegetable mixer grinder. You can also throw in some spices while grinding vegetables for extra flavour and seasoning.

Grinding your own meat, vegetables or food at home is a simple thing with the HealthKick Food Grinder, and the results are very rewarding for those with a creative spirit. It allows you to create different blends of ingredients for all sorts of dishes and meals. Whether you want Mexican style pork and beef burgers for a quick lunch, or perhaps some homemade breakfast sausage for breakfast sandwiches, or even a few chicken sausage with jalapeno and smoked Gouda to toss on the grill.

We have compiled 20 of our best delicious recipes for you to experiment and use with your new Food Processor.

(v) Are vegan/vegetarian options

CHEESY JALAPENO CHICKEN & PORK SAUSAGES

INGREDIENTS

- 450g chicken breast
- 110g pork shoulder
- 110g smoked gouda, shredded
- 1 jalapeno, chopped
- 1 ounce beer (cream ale)
- 1.75 teaspoons salt
- ½ teaspoon of:
 - cayenne, parsley, onion, pepper, paprika, garlic
- Use natural Hog casings

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add food to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Now change the cutting plate for fine and push through the Food Grinder again.
- Once the mince has been collected, change the cutting plate for coarse and add the sausage piping to the unit.
- Push the sausage casing/skin over the piping, tie off the end and turn on the Food Grinder. Fill the sausage casings, tie off the other end and twist into the desired size sausages.
- Put back into fridge for 2-3 hours before cooking.



ITALIAN HABANERO CHICKEN SAUSAGES

INGREDIENTS

- 450g chicken breast
- 110g pork shoulder
- 110g smoked gouda, shredded
- 1 jalapeno, chopped
- 1 ounce beer (cream ale)
- 1.75 teaspoons salt
- ½ teaspoon of:
 - cayenne, parsley, onion, pepper, paprika, garlic
- Use natural Hog casings

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add food to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Now change the cutting plate for fine and push through the Food Grinder again.
- Once the mince has been collected, change the cutting plate for coarse and add the sausage piping to the unit.
- Push the sausage casing/skin over the piping, tie off the end and turn on the Food Grinder. Fill the sausage casings, tie off the other end and twist into the desired size sausages.
- Put back into fridge for 2-3 hours before cooking.



SPICY MERGUEZ SAUSAGES

INGREDIENTS

- 1kg lamb shoulder, bone-in
- 450g harissa
- 1 tablespoon salt
- Use sheep casings

INSTRUCTIONS

- Remove the bone from the lamb shoulder, and then cut the lamb into cubes.
- Pass the lamb through the food grinder fitted with a medium cutting plate.
- Combine the lamb, harissa and salt. Mix till thoroughly combined. Cover and chill for at least 1 hour, or overnight.
- Attach the small sausage piping. Slide the sheep casing over the piping and pull the casing down the shaft so that it is bunched up at the base, this is so that you are able to make a good amount of sausages without having to stop and add more casing. Put the meat back in to the food grinder.
- Tie the starting end of the casing into a knot and gently support the sausage as it is piped into the casing ensuring that it does not pack too tightly and avoiding air bubbles.
- Twist the casing at regular intervals to create individual links, alternating between twisting in opposite directions.
- Cook as desired or chill in the fridge up to 3 days, or freeze for up to 3 months.



CUMBERLAND SAUSAGES

INGREDIENTS

- 900g pork shoulder
- 900g pork belly
- 1 tablespoon salt
- 2 tablespoons ground white pepper
- 110g fine breadcrumbs
- 2 1/2 tablespoons dried sage (optional)
- 2 tablespoons dried chives
- 1/2 teaspoon ground coriander
- 1 teaspoon ground nutmeg
- 1 1/2 teaspoons ground mace
- Use natural hog casings

INSTRUCTIONS

- Dice the pork belly roughly then mince in the food grinder through a coarse cutting plate. Roughly dice the pork shoulder and also mince through the coarse plate. Combine the pork with the seasoning, breadcrumbs, herbs, coriander and spices and leave for 2 hours to rest.
- Attach the sausage piping. Slide the hog casing over the piping and pull the casing down the shaft so that it is bunched up at the base, this is so that you are able to make a good amount of sausages without having to stop and add more casing. Put the meat back in to the food grinder.
- Tie the starting end of the casing into a knot and gently support the sausage as it is piped into the casing ensuring that it does not pack too tightly and avoiding air bubbles.
- Gently form the sausage into a large ring 40cm to 50cm in length or as desired. Store in the fridge overnight before cooking



PORK, MUSTARD & LEEK SAUSAGES

INGREDIENTS

- 900g pork belly
- 900g pork shoulder
- 1 tablespoon ground mustard seeds
- 1 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1 tablespoon white pepper
- 1 1/2 tablespoons salt
- 110g fine breadcrumbs
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 85g wholegrain mustard
- 3 leeks, minced
- Use natural hog casings

INSTRUCTIONS

- Roughly dice the pork belly and mince in a food grinder through a 5mm mincing plate. Roughly dice the pork shoulder and also mince through the 5mm plate. Combine the pork with the mustard seeds, spices, seasoning, breadcrumbs and garlic and leave for 2 hours to rest.
- Warm the olive oil in a frying pan and add the mustard and leeks. Cook and stir until the leeks have softened, but are not browned. Add to the sausage mixture and mix well.
- Attach the sausage piping. Slide the hog casing over the piping and pull the casing down the shaft so that it is bunched up at the base, this is so that you are able to make a good amount of sausages without having to stop and add more casing. Put the meat back in to the food grinder.
- Tie the starting end of the casing into a knot and gently support the sausage as it is piped into the casing ensuring that it does not pack too tightly and avoiding air bubbles.
- Measure about 10cm per sausage resulting in a yield of about 8 sausages per metre, with extra casing allowance. Squeeze the end of each sausage and twist the casing 2 to 3 times to secure, repeat then tie a knot after the final sausage. Refrigerate for 1-2hrs before cooking.



BRATWURST SAUSAGE

INGREDIENTS

- 700g pork shoulder
- 450g hanger steak (Onglet/Butchers Steak)
- 200g pork fat
- 125ml beer
- 4 to 5 cloves garlic, minced
- 1 tablespoon salt
- 2 teaspoons ground white pepper
- 2 teaspoons chilli flakes (optional)
- 1 teaspoon caraway seeds
- 1 teaspoon dried marjoram
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- Use natural hog casing

INSTRUCTIONS

- Place the beef, pork and pork fat in the freezer for 30 minutes. Also place the food grinder feeding tube in the freezer, as this will make mincing easier.
- Remove meat and fat from the freezer and cut into cubes.
- Pass the partially frozen meat and fat through the cold meat mincer fitted with a medium plate. Combine the mince with the beer, garlic and seasonings. Mix well for 2 to 3 minutes, using your hands, until the mixture starts to congeal. Cover with cling film and chill for 1 hour, or overnight.
- Thread the casing onto the piping. Push the food mixture through the food grinder, stopping as it just starts to come out the other end. Tie the casing into a knot at the end, then continue passing the meat mixture through the piping, supporting the sausage with your other hand. Once the meat mixture is finished, tie the other end of the casing into a knot.
- Twist the casing at regular intervals to create individual links, alternating between twisting in opposite directions.
- Cook as desired or chill in the fridge for up to 3 days, or freeze for up to 3 months.



THURINGER BRATS (V)

INGREDIENTS

- 350g vital wheat gluten
- 3 tbsp gram flour (garbanzo flour, chick pea flour)
- 4 tbsp nutritional yeast flakes
- 2 tsp salt
- 1 tsp ground white pepper
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp ground nutmeg
- 1 tsp ground caraway
- 2 tsp marjoram, dried, finely chopped
- 1 can (400 ml) black beans, rinsed
- 3 tbsp coconut oil, warm
- 2 tsp lemon zest, very finely chopped
- 1/2 tsp liquid smoke
- 200 ml soy milk
- 150 ml water
- Use vegetarian/vegan casings

INSTRUCTIONS

- Mix the vital wheat gluten with gram flour, nutritional yeast flakes, salt and all the spices.
- Coarsely puree the black beans in a blender; they should still contain some pieces, but no whole beans. Stir in the coconut oil, and then stir in the lemon zest, liquid smoke, soy milk and water.
- Knead the bean mix into the seasoned vital wheat gluten.
- Let it set for 10-15 minutes.
- Preheat the oven to 200°C (390°F) top and bottom heat.
- Place the sausage stuffing piping onto the meat grinder. Pull one of the sausage skins all over the sausage piping and tie it at the end.
- Push the mixture through the food grinder. As the sausage skin fills, it must be pulled evenly from the tube so that the sausages do not get different thicknesses. There should be no air bubbles in the skin. They must be pressed out otherwise.
- Close the sausages firmly and tightly
- Bake the Thüringer Brats for 25 minutes in the oven on a medium rack. Turn 1 time after 15 minutes. Remove them from the oven, then allow to cool for 1 hour. Unpack them and fry them in oil or on the grill.



BREAKFAST SAUSAGE PATTIES

INGREDIENTS

- 450g pork shoulder
- 1 tablespoon thyme
- 2 teaspoons light brown sugar
- 1 ½ teaspoon salt
- 1 teaspoon toasted crushed fennel seeds
- ½ teaspoon crushed red pepper flakes
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add ingredients to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Once the mince has been collected, make into balls and flatten into patties or use a burger press and place onto a grease proof paper lined baking tray.
- Put back into fridge for 2-3 hours before cooking.



ITALIAN CHICKEN-PORK BURGERS

INGREDIENTS

- 340g chicken breast
- 340g pork shoulder
- ½ cup parmesan cheese, grated
- ½ teaspoon each of:
 - Thyme
 - Toasted fennel, crushed
 - Salt
 - Pepper
 - Garlic
- Paprika
- Red pepper flakes

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add ingredients to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Once the mince has been collected, make into balls and flatten into patties or use a burger press and place onto a grease proof paper lined baking tray.
- Put back into fridge for 2-3 hours before cooking.



MEXICAN PORK BURGERS

INGREDIENTS

- 340g pork shoulder
- 1 ounce tequila
- 2 tablespoons breadcrumbs
- 1 ½ tablespoons guajillo-ancho paste
- 1 tablespoon garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon cayenne
- 1 teaspoon white pepper
- ½ teaspoon cumin

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add ingredients to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Once the mince has been collected, make into balls and flatten into patties or use a burger press and place onto a grease proof paper lined baking tray.
- Put back into fridge for 2-3 hours before cooking.



SALT & PEPPER BURGERS

INGREDIENTS

- 340g ground chuck/beef
- 1 teaspoon salt
- 1 teaspoon pepper

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add ingredients to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Once the mince has been collected, make into balls and flatten into patties or use a burger press and place onto a grease proof paper lined baking tray.
- Put back into fridge for 2-3 hours before cooking.



HANDMADE JALAPENO MEXICAN BURGERS

INGREDIENTS

- 300g pork shoulder
- 300g beef chuck
- 1 jalapeno, diced
- 1 tsp salt, pepper, onion, coriander, paprika
- 1 tbsp garlic, red pepper flakes
- ½ tsp cumin

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add ingredients to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Once the mince has been collected, make into balls and flatten into patties or use a burger press and place onto a grease proof paper lined baking tray.
- Put back into fridge for 2-3 hours before cooking.



HANDMADE CAJUN BURGERS

INGREDIENTS

- 300g pork shoulder
- 300g beef chuck
- 1 jalapeno, chopped (bell pepper)
- 1 tsp salt, pepper, paprika, thyme
- 1 tbsp garlic, cayenne
- ½ tsp sage

INSTRUCTIONS

- Dice meat into 2-3cm cubes and place in fridge for 2-3 hours before preparing for Food Grinder.
- Place in a large bowl and add all ingredients and mix well.
- Setup the Food Grinder with medium or coarse cutting plate. Add ingredients to the hopper, turn on the unit. With a clean bowl under the outlet pipe, push the food mix down the feeding tube.
- Once the mince has been collected, make into balls and flatten into patties or use a burger press and place onto a grease proof paper lined baking tray.
- Put back into fridge for 2-3 hours before cooking.



FALAFEL (V)

INGREDIENTS

- 1 3/4 cups dried chickpeas
- 2 garlic cloves
- 1 small onion, quartered
- 1 tbsp cumin
- Pinch of cayenne, or to taste
- 1 cup chopped fresh parsley
- 1 1/2 tsp salt, plus more to taste
- 1/2 tsp black pepper, plus more to taste
- 1/2 tsp baking soda
- 1 tbsp fresh lemon juice
- 4 tbsp olive oil
- 1/2 cup tahini

INSTRUCTIONS

- Cover the chickpeas in a large bowl with water by 3 to 4 inches. Soak for 12 to 24 hours, checking as they soak to ensure they are submerged and have enough water. They should triple in size and break apart with your fingers when they are ready.
- Drain the chickpeas and add to a bowl with the garlic and onion. Set up the food grinder attachment and turn on. Place a large empty bowl under the opening of the grinder to catch the ground chickpea mixture. Turn the Food Grinder on and begin adding the chickpeas, onion and garlic into the grinder funnel. Use the plunger tool to push the chickpeas down into the grinder, forcing the grind.
- Once all is ground, add the cumin, cayenne, herb, 1 teaspoon of salt, pepper, baking soda and lemon juice. Stir together till well mixed. Taste and adjust the seasoning, adding more salt, pepper or cayenne as needed.
- Spread 2 tablespoons olive oil onto a large rimmed baking sheet. Roll the chickpea mixture into large balls, roughly 1 1/2 inches each.
- Heat the oven to 375 degrees. Place the falafel balls onto the pan and brush the tops with the remaining tablespoons oil. Bake until golden brown, about 10 to 15 minutes on each side.
- Whisk the tahini and remaining salt with 1/2 cup water in a small bowl until smooth. Drizzle the tahini over the falafel and serve.



HUMMUS (V)

INGREDIENTS

- 395g chickpeas
- 2 cloves garlic
- ¼ cup tahini sauce
- 2 tbsp lemon juice
- 1 tsp cumin
- ½ tsp red pepper flakes
- ½ tsp salt
- ½ tsp black pepper
- 2 tbsp extra virgin olive oil
- 2 tbsp water
- fresh parsley, chopped, to serve

INSTRUCTIONS

- Cover the chickpeas in a large bowl with water by 3 to 4 inches. Soak for 12 to 24 hours, checking as they soak to ensure they are submerged and have enough water. They should triple in size and break apart with your fingers when they are ready.
- Add the chickpeas, garlic, tahini, lemon juice, and seasonings to a clean bowl. Select the Fine Cutting plate and push through the Food Grinder.
- Mix the chopped food mix with olive oil and water until a creamy and smooth, before pushing through the Food Grinder again.
- Garnish with additional red pepper flakes, chopped parsley, and a drizzle of olive oil before serving.



MEATBALLS & HONEY GARLIC SAUCE

INGREDIENTS

- 900g beef
- 450g pork
- 4 cloves garlic
- 1 egg
- 1 tbsp chopped fresh parsley
- 1 tbsp dried oregano
- 1 tsp kosher salt
- 1 tsp fresh ground black pepper
- 1/2 spn red pepper flakes (optional)
- 3 garlic cloves, minced
- 1 tbsp margarine
- 1 cup chicken broth
- 1/2 cup honey
- 3 tbsp gluten-free soy sauce (wheat free)
- 2 tbsp white vinegar
- 1 tbsp brown sugar
- 2 tbsp corn-starch
- 2 tbsp water

INSTRUCTIONS

- Preheat your oven to 400°F (205°C). Then, line two sheet pans with foil. Set aside.
- Cut the Pork and Beef into 2cm cubes and mix in a bowl with the garlic cloves, chopped parsley, oregano, salt, pepper and red pepper flakes.
- Now feed through the Food Grinder using a course cutting plate. Now beat the egg and add to the mix before feeding through the Food Grinder again using a medium cutting plate.
- Using an ice cream scoop or your hands, shape the mixture into balls. When doing this, be careful not to over handle them or to pack them too tightly. Otherwise, the meatballs might get too tough once cooked.
- Place them on the sheet pans, about 12 per sheet. Finally, bake them until they're no longer pink in the centre, about 20 minutes.
- While waiting for the meatballs, prepare your honey garlic sauce.
- Over medium-high heat, melt the margarine in a saucepan.
- Add the garlic.
- Add broth, honey, soy sauce, vinegar, and brown sugar. Cook over low heat for 5 to 10 minutes, stirring often.
- Mix together the corn-starch and water in a small bowl. Slowly add into the mixture in the saucepan, stirring constantly until the sauce slightly thickens.
- Once cooked, coat the meatballs with the honey garlic sauce or just serve it on the side.



BOLOGNESE SAUCE

INGREDIENTS

- 30 ml olive oil
- 2 carrots, peeled and cut into 2.5-cm (1-inch) pcs
- 2 stalks celery cut into 2.5-cm (1-inch) pieces
- 1 large onion, cut into eights
- 20 g parsley sprigs
- 700 g ground beef
- 250 g ground pork
- 3 cloves garlic
- 10 large ripe tomatoes, cut into sixths
- 1 tsp basil
- 1 tsp oregano
- 1 bay leaf
- 1 tsp salt
- 1/2 tsp pepper
- 60 ml water
- 60 ml dry red wine
- 200 g tomato concentrate

INSTRUCTIONS

- Heat the oil in a 30-cm skillet over medium heat.
- Add carrots, celery, onion, parsley, ground beef, ground pork, and garlic.
- Sauté for 20 minutes.
- Remove mixture from heat and cool 10 minutes. Assemble Food Grinder using coarse grinding plate and attach to mixer. Grind the mixture into a 6ltr pot.
- Strain the tomatoes to remove skins and seeds. Measure out 950 ml (4 cups) puree. Add tomato puree and concentrate, basil, oregano, bay leaf, salt, pepper, water, and wine to meat mixture.
- Cover and simmer on medium-low heat for 1 hour.



PESTO SAUCE

INGREDIENTS

- 80 g fresh basil leaves
- 40 g parsley sprigs
- 2 cloves garlic
- 1 tsp salt
- 1/2 tsp pepper
- 100 g Parmesan cheese
- 120 ml olive oil
- 50 g pine nuts (optional)

INSTRUCTIONS

- Assemble Food Grinder using fine grinding plate. Grind basil leaves, parsley sprigs, and garlic into mixer bowl. Add salt, pepper, and Parmesan cheese and grind a second time.
- Gradually add olive oil in a thin, steady stream into bowl, whipping until absorbed.



CREAMY POTATO MASH

INGREDIENTS

- 750g potatoes, peeled and quartered
- ¼ cup single cream
- ¼ cup butter, cubed
- ½ tsp sea salt
- ½ tsp fresh black pepper

INSTRUCTIONS

- Place potatoes in a large pot and cover with water by 1 inch. Bring to boil, reduce heat and simmer until pierced easily with a fork, about 25 minutes. Drain and cool slightly.
- Attach fine cutting plate to food grinder. Position a mixing bowl under the outlet and pass the potatoes through the grinder. Add cream, butter, sea salt and pepper and mix until blended.
- Keep warm.



CREAMY CARROT AND SWEET POTATO MASH

INGREDIENTS

- 500g carrots, diced
- 500g sweet potatoes, diced
- 3 garlic cloves, bashed
- 1 tsp cumin seeds, toasted
- 25g butter

INSTRUCTIONS

- Put the carrots, sweet potatoes and garlic in a large pan of salted water, bring to the boil, and then cook for 12 mins. Drain and cool slightly.
- Attach fine cutting plate to food grinder. Position a mixing bowl under the outlet and pass the carrots/sweet potato mix through the grinder.
- Add cumin seeds, butter and seasoning, roughly mash, then serve immediately.
- Keep warm.



COOKIES

INGREDIENTS

- 600g all-purpose flour
- 170g unsalted organic room temperature butter
- 56g lard, room temperature
- 115g sour cream
- 200g granulated sugar
- 1 large egg
- 1 tbsp (15 ml) baking soda
- 1 tbsp (15 ml) vinegar
- 1 tsp (5 ml) pure vanilla extract
- ¼ tsp (1.25 ml) sea salt

INSTRUCTIONS

- Sift the flour.
- Add the butter and lard to the flour. Mix using your hands until well incorporated. The mixture should look like tiny breadcrumbs.
- Form a crater in the middle of the flour mixture, and add the rest of the ingredients.
- Gently mix the ingredients inside the crater with your finger.
- Next, gradually add the flour until well incorporated.
- Knead the dough well, and shape into a ball. The consistency should be similar to that of play-doh.
- Place the dough ball onto a plate, and cover with plastic wrap. Refrigerate for a couple of hours.
- Preheat oven to 350°F (180°C).
- Remove the dough ball from the fridge and start feeding it to your food grinder with the coarse cutting blade and the widest sausage attachment. Once the cookie bar is about 3 inches long, cut the cookie bar.
- Arrange them on a greased cookie sheet.
- Bake for 25 minutes at 350°F (180°C) or until light golden brown.
- After baking, let the cookies cool for 5 minutes.
- Remove from cookie sheet, and place them into a large container.
- Once completely cooled, sprinkle the cookies with powdered sugar.



