

## Get Into the Mix in the Kitchen

Mixers are the heavy lifters of the kitchen. They are available in several shapes and sizes and come with a wide array of attachments to carry out the kitchen functions. Some of these functions are similar to those performed by blenders, and people frequently mistake blenders for mixers. They should keep in mind that blenders have sharp blades and powerful speeds while mixers are slower with no blades and are used for mixing, folding, beating or whipping ingredients.

There are two types of mixers: hand mixers and stand mixers. The hand mixer is a hand-held appliance, while a stand mixer is mounted upon a stand. In addition to this basic difference, the two types of mixer also vary in power, features and functions.

Hand mixers can be battery-operated or corded appliances and consist of two beaters driven by a motor. These beaters are immersed into the food ingredients to perform basic tasks such as whipping cream or egg whites, mixing cake batter or perhaps mashing potatoes. Their prices typically range from \$20 to \$75, and are ideal for people who like to spend as little time in the kitchen as possible, or for people with little available counter space.

Stand mixers are larger, with more efficient motors and a separate mixing bowl. They are locked into place atop the stand. These mixers can perform far more powerful tasks such as blending pastry dough, kneading bread dough, mixing cookie dough and beating flour. In addition, stand mixers make whipping cream and eggs a relatively effortless job.

The stand mixers cost much more than hand mixers because they are heavy-duty appliances. They can cost up to several hundred dollars. They are ideal for serious cooks or avid amateurs who make elaborate dishes and need a lot of cooking support. They are also sturdier, and can be used to mix a large amount of ingredients. In contrast, the hand mixers are light-weight devices and should be used for light tasks only.