

ALL ABOUT *Stand Mixers*

What Is a Stand Mixer?

It is a stationary electric mixer for heavy-duty mixing, whipping, or kneading of various foods, typically including a flat beater, dough hook, and whisk attachments.

Stand Mixer Components



Standard Stand Mixer Attachments/Accessories

- **Flat beater** – Versatile; can mix just about any mixture that isn't too heavy. Use it for mashed potatoes, cakes, cookies, frostings, or shredding meat.
- **Dough hook** – Meant for heavier doughs such as bread, pizza, or pasta. It mimics kneading dough by hand. The shape helps it withstand the heaviness of the dough. There are two shapes: C-shaped and spiral.
- **Balloon whisk** – Beats and mixes batter by allowing air to be whipped in. It is meant for meringues, whipping egg whites, fluffy frostings, and angel food cakes. Do not use this attachment on heavier batters, as it will bend the whisk.
- **Flex edge beater** – Same shape as the flat beater, but one edge is covered with a silicone cover to help scrape the edge of the bowl as it mixes. This is good to use when the batter is sticking to the edge of the bowl due to certain “sticky” ingredients such as cream cheese or honey.
- **Meat grinder** – This allows you to grind fresh meat at home for burgers, sausages, and other dishes. It provides control over texture and fat content, ensuring better quality and flavor. This attachment comes in stainless steel or plastic.
- **Pasta maker** – This attachment allows you to roll and cut dough into fresh pasta with ease. It ensures uniform thickness and shape, creating high-quality noodles like spaghetti, fettuccine, or lasagna. This accessory simplifies homemade pasta making, saving time and effort.

*There may be additional attachments/accessories that may come with your stand mixer or that you can buy for your stand mixer. See your mixer brand's website or instruction pamphlet for further information on the purpose and proper use of these attachments.

Stand Mixer Benefits

- **Power.** The motor on a stand mixer allows it to mix ingredients for long periods.
- **Speed.** The average handheld mixer has 3–5 speeds, while a stand mixer can have up to 10 speeds.
- **Convenience.** It requires less attention; you do not have to stand with the mixer or hold it, which allows you to complete multiple tasks in the kitchen.
- **Handling abilities.** The stand mixer can withstand heavier doughs that might be a nuisance to mix by hand. It also comes in multiple sizes to handle larger quantities.

Cleaning a Stand Mixer

- **When using a dishwasher:**
 - ◊ Stainless steel-coated attachments and a pouring shield can go on the top rack of the dishwasher.
 - ◊ Stainless steel bowls can be washed on the lower rack.
- **When washing by hand:**
 - ◊ The pouring shield, attachments, and bowl can be hand-washed with hot soapy water.
 - ◊ Use a soft damp cloth to wipe down the mixer after each use.
 - ◊ Dry all tools before storing them.

Types of Stand Mixers

- **Bowl lift** – The bowls usually attach to two sturdy arms that provide stability and support. A lever lifts the bowl under the beaters. These are normally for larger capacities. These solid mixers often stay firmly in place on countertops while mixing batters and doughs. These mixers are larger in size; therefore, they are best stored on a countertop.
- **Tilt head** – The bowls usually attach to the mixer base. The head tilts back to provide access to the bowl and to attach or detach accessories. These are normally for smaller to mid-size batters and doughs. Since these mixers are smaller in size, they are easily stored under cabinets.

Tips for Using a Stand Mixer

- **Read the manual.** Become familiar with the mixer's type and size and be aware of its capability and what it can handle.
- **Start on low speed.** Starting at a lower speed, then working up as the ingredients become mixed in, can prevent splatter.
- **Don't scrape while mixing.** If batter/dough is making its way up the sides of the mixing bowl, turn off the mixer and use a rubber spatula to scrape the sides of the bowl.
- **Spin the beaters to remove excess batter or dough.** Reduce waste by lifting the beater a little, turn the mixture on low, then switch to high to spin off excess mixture.
- **Use a pour shield if one is available for your mixer.** The pour shield can help to reduce the amount of splatter. Place it over the bowl to contain messy ingredients such as flour or powdered sugar that might "poof" out of the top of the bowl.
- **Store it wisely.** The best way to keep all the pieces together is to store them in the bowl with the pour shield on top of the bowl and the electric cord wrapped around the base of the mixer. Stand mixers use a lot of energy when they are plugged into the outlet; be sure they are unplugged when not in use to conserve energy and avoid the risk of fire or damage to the motor.

How to Choose a Stand Mixer

- **Needs.** How often will you use a stand mixer? Make a list of items you cook on a regular basis to see if a stand mixer would make your cooking load lighter.
- **Size.** Think about what you'll be making, the area you have for storing the mixer, and how many people you prepare food for daily. The sizes of the mixers range from 2–3.5 quarts, 4–5 quarts, and 5–8 quarts. These mixers weigh anywhere from 10–35 pounds.
- **Color.** These mixers are often on display in kitchens as they sit on the countertop. Think about the color that is most appropriate for your kitchen. These mixers come in neutral, pastel, and bright colors. There is a color for you!
- **Budget.** These mixers cost between \$250 and \$500. Choose one that will serve your needs and fit into your budget.

Stand Mixer Resources

Defining Stand Mixer

<https://www.dictionary.com/browse/stand-mixer>

Four Types of Mixer Attachments

<https://bakestarters.com/blogs/education/4-types-of-mixer-attachments>

Stand Mixer vs. Hand Mixer

<https://www.kitchenaid.com/pinch-of-help/countertop-appliances/stand-mixer-vs-hand-mixer.html#:~:text=A%20stand%20mixer%20is%20a,that%20sits%20on%20a%20countertop>

Stand Mixer Buying Guide

<https://www.kitchenaid.com/countertop-appliances/stand-mixer-buying-guide#size-and-capacity>

How to Use a Stand Mixer

<https://www.asweetpeachef.com/how-to-use-a-stand-mixer/>

Tilt-Head Stand Mixer: How to Clean

<https://www.kitchenaid.com/pinch-of-help/countertop-appliances/artisan-mixer-clean.html>

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