

**Catler®**

# JUICE EXTRACTOR

**400 SERIES**

CLASS GRADE TOOLS

Instructions  
for use



**JE 4010**

# JUICE EXTRACTOR

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# Congratulations

on the purchase of your new JE 4010 Juice Extractor

## CATLER RECOMMENDS SAFETY FIRST

We at Catler are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

### Important safeguards for your JE 4010 Juice Extractor

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they will not play with the appliance.
- Carefully read all instructions before operation and save for future reference.
- Remove any packaging material and promotional stickers and labels before using the Ikon JE 4010 Juice Extractor for the first time.
- Do not place the JE 4010 Juice Extractor near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Any significant spillage onto the surface under or around the appliance, or onto the appliance itself, should be cleaned and dried before continuing to use the appliance.
- Do not place the JE 4010 Juice Extractor on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the JE 4010 Juice Extractor is properly assembled before use. The appliance will not operate unless properly assembled. Refer to assembly and operation (page 6-10).
- Do not leave the JE 4010 Juice Extractor unattended when in use.
- Always ensure the JE 4010 Juice Extractor is turned off by pressing the 'Off/On' switch on the control panel to 'Off'. Then switch the appliance off at the power outlet and unplug the cord. Make sure the stainless steel filter basket has stopped rotating and the motor has completely stopped before releasing the safety locking arm and/or attempting to move the appliance, when the JE 4010 Juice Extractor is not in use, and before disassembling, cleaning and storing.
- Do not operate the appliance continuously with heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute between each use. Recipes in this instruction book are not considered a heavy load. However, hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide on Page 9 to determine the correct speed for the fruits and vegetables selected for juicing.
- Keep hands, fingers, hair, clothing, as well as spatulas and other utensils away from the appliance during operation.
- Do not push food into the feed chute with your fingers or other utensils. Always use the food pusher provided. Do not place hand or fingers into food chute when it is attached to the appliance.
- Be careful when handling the stainless steel filter basket as the small cutting blades at the base of the filter basket are very sharp. Mishandling may cause injury.
- Do not use the JE 4010 Juice Extractor for anything other than food and/or beverage preparation.
- Keep the appliance clean. Refer to care and cleaning (page 12).

## IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse cord, plug or motor base in water or any other liquid.
- Do not allow the cord to hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure they can use the appliance safely.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power supply cord, plug, filter basket or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Catler Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Catler Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

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*Extra wide feed chute.*

*Do not place hands or foreign objects down feed chute. Always use the food pusher provided.*

**NOTE**

## KNOW YOUR JE 4010 JUICE EXTRACTOR

### Unique patented Direct Central Feed System

ensures maximum juice extraction

### Patented\* 84mm extra wide feed chute

25% larger area than other juicers to fit larger fruit and vegetables whole

### Juicer cover

(top shelf dishwasher safe)

### 3 litre pulp container

(top shelf dishwasher safe)

### Stylish stainless steel design

### On / Off switch

### LCD speed indicator

### Electronic variable speed control dial

### Cord storage

cord wraps into position under base and clips into place

### Heavy duty motor

**Food pusher**  
for pushing whole fruit and vegetables down the feed chute (top shelf dishwasher safe)

**Die-cast metal interlocking safety arm**  
stops the juicer operating without the juicer cover locked in place.

**Filter basket**  
stainless steel, titanium reinforced micro mesh filter basket (top shelf dishwasher safe)

**Motor drive coupling**

**1.2 litre juice jug and lid**  
with in-built froth separator (top shelf dishwasher safe)

**Filter bowl surround**  
(top shelf dishwasher safe)

\* Patent pending



### Custom designed juice nozzle

perfect for mess free juicing straight into a glass (top shelf dishwasher safe)



### Cleaning Brush

flat end of brush assists in removal of pulp from the pulp container when juicing large quantities, nylon brush end makes for easy cleaning of the stainless steel filter basket (top shelf dishwasher safe).

## ASSEMBLING YOUR JE 4010 JUICE EXTRACTOR

### Before first use

Before using your JE 4010 Juice Extractor for the first time, remove any packaging material and promotional stickers and labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged. Wash the filter bowl surround, filter basket, juicer cover, food pusher, pulp container and juice jug and lid in warm, soapy water with a soft cloth. Rinse and dry thoroughly. The motor base can be wiped with a damp cloth. Dry thoroughly.

### Step 1

Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched 'Off' at the control panel, then switch the appliance off at the power outlet and unplug the cord.

### Step 2

Place the filter bowl surround on top of the motor base.



### Step 3

Align the arrows at the base of the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the filter bowl surround and onto the motor base.



### Step 4

Place the juicer cover over the filter bowl surround, positioning the feed chute over the stainless steel filter basket and lower into position.



### Step 5

Raise the safety locking arm up and locate it into the two grooves on either side of the juicer cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.



### Step 6

Slide the food pusher down the feed chute by aligning the groove of the food pusher, with the small protrusion on the inside top of the feed chute. Continue to slide the food pusher down into the feed chute.



### Step 7

Place the pulp container into position by tilting the base of the pulp container away from the motor base and slide the top of the pulp container over the bottom of the juice cover. Tilt the base of the pulp container back into the motor base ensuring it is supported by the container support extending from under the motor base.



*To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes, or as compost for the garden or discarded (see page 16).*

### NOTE

### Step 8

Place the juice jug provided under the spout on the right-hand side of the JE 4010 Juice Extractor. The juice jug lid can be used to avoid any splatter. Alternatively you can fit the custom-designed juice nozzle over the juice spout and place a glass underneath. The juice nozzle will prevent splatter, ensuring mess free juicing.

## OPERATING YOUR JE 4010 JUICE EXTRACTOR

### Step 1

Wash selection of fruit and vegetables to be juiced.

*Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut or trimmed to size as these will fit whole into the feed chute. Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.*

#### NOTE

### Step 2

Ensure the JE 4010 Juice Extractor is correctly assembled. Refer to Assembling your JE 4010 Juice Extractor (page 6). Ensure the juice jug (or a glass) is placed under the spout and the pulp container is in position before commencing juicing.

### Step 3

Plug the power cord into a 230/240 V power outlet. Turn the power on at the power outlet. The LCD display will illuminate.

*The LCD display will illuminate continuously for 3 minutes before going into a sleep mode, where it will switch off automatically to conserve power.*

*The screen will come back on after activating the 'On/Off' switch, the speed control dial, or the safety locking arm.*

*When the safety locking arm is not locked into place on top of the juicer cover, the LCD display will illuminate and flash with an "L", indicating that the safety locking arm should be locked into place.*

*When the safety locking arm is locked into place on top of the juicer cover, the LCD display will illuminate and display the selected speed setting. The speed can be changed by adjusting the variable speed control dial. For a quick juicing speed reference, use the speed guide displayed on the LCD screen, the speed selector table located on the pulp container, or refer to the speed selector table (page 9).*

*Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the speed selector table to determine the correct speed for the fruits and vegetables being juiced.*

#### NOTE

## Speed selector table

Fruit / Vegetables	Suggested Speed
Apples	5
Apricots (stone removed)	2
Beetroot (cleaned, trimmed)	5
Blueberries	1
Broccoli	4
Brussel sprouts (trimmed)	5
Cabbage	4
Carrots (cleaned)	5
Cauliflower	4
Celery	5
Cucumber, peeled	2
Cucumber, soft skinned	4
Fennel	5
Grapes (seedless)	1
Kiwi fruit (peeled)	2
Mangoes (peeled, stone removed)	2
Melons (peeled)	1
Nectarines (stone removed)	2
Oranges (peeled)	3
Peaches (stone removed)	2
Pears hard (stalks removed)	5
Pears soft (stalks removed)	2
Pineapple (peeled)	5
Plums (stone removed)	2
Raspberries	1
Tomatoes	1
Watermelon (peeled)	1

Use the speed selector table located on the pulp container for a quick and convenient juicing reference.

### NOTE

## Step 4

Press the 'On/Off' switch on the control panel to 'On'. The juicer will start to operate at the selected speed. The speed can be changed at any time during the juicing process by adjusting the variable speed control dial.

*After 3 minutes, the LCD display will automatically turn off if the 'On/Off' switch is not turned ,On; or a speed is not selected.*

### NOTE

## Step 5

With the motor running, place food into the feed chute and use the food pusher to gently guide food down. To extract the maximum amount of juice, always push the food pusher down slowly.

*The JE 4010 Juice Extractor will automatically stop operating if the motor is stalled for more than 10 seconds. This is a safety feature. Either too much food is being processed at one time or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even size and/or processing a smaller amount per batch.*

*To continue juicing, reset the JE 4010 Juice Extractor Plus by pressing the 'On/Off' switch on the control panel to 'Off', then clear the feed chute, finally turn the appliance back on by pressing the 'On/Off' switch to 'On'.*

### NOTE

## Step 6

As fruit and vegetables are processed, juice will flow into the juice jug and the separated pulp will accumulate in the pulp container. The pulp container can be emptied during juicing by turning the JE 4010 Juice Extractor 'Off' at the control panel and then carefully removing the pulp container. Replace the empty pulp container into position before continuing to juice.

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*Do not allow the pulp container to overfill as this may affect the operation of the appliance. To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes (see page R12), or as compost for the garden or discarded (see page 16). To include the froth in with your juice, simply remove the lid of the juice jug when pouring juice into the glass.*

### NOTE



NEVER USE FINGERS, HANDS OR OTHER UTENSILS TO PUSH FOOD DOWN THE FEED CHUTE OR TO CLEAR THE FEED CHUTE DURING OPERATION. ALWAYS USE THE FOOD PUSHER PROVIDED.

## DISASSEMBLING YOUR JE 4010 JUICE EXTRACTOR

### Step 1

Ensure the JE 4010 Juice Extractor is turned off by pressing the 'On/Off' switch on the control panel to 'Off'. Then switch the appliance off at the power outlet and unplug the cord.

### Step 2

Remove the pulp container by tilting the base away from the motor base, then unlatch it from under the juicer cover and the container support extending from under the motor base.



### Step 3

Use the grip handle located on the safety locking arm to lift the locking arm from the juicer cover and lower down out of position.



### Step 4

Lift the juicer cover off the JE 4010 Juice Extractor.



### Step 5

Remove the filter bowl surround with the stainless steel filter basket still in place.



### Step 6

To remove the stainless steel filter basket from the filter bowl surround, insert fingers under the grooves marked 'LIFT BASKET' and lift the filter basket up. For easy cleaning, it is recommended to remove the filter basket over the sink.



THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES. AVOID TOUCHING BLADES WHEN HANDLING THE FILTER BASKET.

## CARE AND CLEANING

Ensure the JE 4010 Juice Extractor is turned off by pressing the 'On/Off' button on the control panel to 'Off'. Then switch the appliance off at the power outlet and unplug the cord.

Ensure the JE 4010 Juice Extractor is correctly disassembled. Refer to Disassembling your JE 4010 Juice Extractor (page 11).

*For easier cleaning:*

*Clean as you go and avoid dried on juice or pulp residue.*

*Immediately after each use, rinse removable parts in hot water to remove wet pulp. Allow parts to air dry.*

*To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes (see page R12), or as compost for the garden or discarded (see page 16).*

### NOTE

#### Cleaning the motor base

1. Wipe the motor base with a soft, damp cloth then dry thoroughly.
2. Wipe any excess food particles from the power cord.

*Do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.*

### NOTE

#### Cleaning the filter bowl surround, juicer cover, food pusher, pulp container

1. Wash all parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

*The filter bowl surround, juicer cover and pulp container are dishwasher safe (top shelf only).*

### NOTE

#### Cleaning the filter basket

For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied cleaning brush.

1. Soak the stainless steel filter basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the juicer.
2. Using the cleaning brush, hold the filter basket under running water and brush from the inside of the basket to the outer rim. Avoid touching the small sharp blades in the centre of the filter basket. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the filter basket in the dishwasher.



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*The stainless steel filter basket is dishwasher safe (top shelf only).*

**NOTE**

- Do not soak the stainless steel filter basket in bleach or other abrasive cleansers.
- Always treat the filter basket with care as it can be easily damaged.

**Cleaning the juice jug**

1. Rinse the juice jug and lid with froth attachment under running water.
2. Wash both parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

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*The juice jug and lid are dishwasher safe (top shelf only).*

**NOTE**

**Removing stubborn or strong food stains and odours**

Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use. If discolouration does occur, the plastic parts can be soaked in water with 10% lemon juice or they can be cleaned with a non abrasive cleaner.



DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID. THE CENTRE OF THE FILTER BASKET AND FEED CHUTE CONTAINS SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

## TROUBLE SHOOTING GUIDE

### **Machine will not work when switched 'ON'**

The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover (page 7 step 5).

### **Motor appears to stall when juicing**

1. Wet pulp can build up under the juicer cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly (page 9 step 5). Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the stainless steel filter basket and the juicer cover.
2. The JE 4010 Juice Extractor will automatically stop operating if the motor is stalled for more than 10 seconds. Either too much food is being processed at one time or the pieces are not small enough. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. To continue juicing, reset the JE 4010 Juice Extractor by pressing the 'On/Off' switch on the control panel to 'Off' then turn the appliance back on by pressing 'On/Off' switch to 'On'.
3. Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide on Page 9 to determine the correct speed for the fruits and vegetables selected for juicing.

### **Excess pulp building up in the stainless steel filter basket**

Stop the juicing process and follow Disassembling instructions. Remove the juicer cover, scrape off pulp, reassemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.

### **Pulp too wet and reduced extracted juice**

Try a slower juicing action. Remove stainless steel filter basket and thoroughly clean mesh walls with a cleaning brush. Rinse the filter basket under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.

### **Juice leaks between the rim of the Juicer and the juicer cover**

Try a slower juicing speed and push the food pusher down the feed chute more slowly (page 9, step 5).

### **Juice sprays out from spout**

Use juice jug and lid provided, or if juicing into a glass use the custom designed juice nozzle.

## TIPS ON JUICING

### The inside information on juicing

Although the juice drinks contained in this booklet were developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

95% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables form an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy source of vitamins and minerals. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients. When you make your own fruit and vegetable juices, you have complete control over what is included. Select the ingredients and decide if you need to add sugar, salt or other flavouring agents after juicing. Freshly extracted juices should be consumed immediately after they have been processed to avoid a loss of vitamin content.

### Purchasing and storage of fruit and vegetables

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season. Refer to the Fruit and Vegetable Facts chart (page 17-18).
- Keep your fruit and vegetables ready for juicing by washing and drying them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

### Preparation of fruit and vegetables

- If using fruits with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Some vegetables, such as cucumbers, can be processed unpeeled depending on the softness of the skin and the juicing requirements.
- All fruits with large pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.
- Ensure fruits such as strawberries are hulled before juicing and pears have their stalks removed.
- Citrus fruit can be juiced in the JE 4010 Juice Extractor but remove the skin and excess pith before juicing.
- A small amount of lemon juice can be added to apple juice to reduce discolouration.

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*Your JE 4010 Juice Extractor makes invigorating, frothy orange juice. Simply peel the oranges and remove any excess pith before juicing. It is best to refrigerate oranges before juicing.*

### NOTE

### The right technique

When juicing a variety of ingredients with varying textures, start with the softer textured ingredients on low speed then gradually change to high speed for the harder textured ingredients.

If you are juicing herbs, sprouts or leafy green vegetables, either wrap them together to form a bundle or juice them in the middle of a combination of ingredients on low speed to obtain the best extraction.

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*If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing. It is advised to juice them with a combination of other fruit and vegetables.*

#### NOTE

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture. To extract the maximum amount of juice always push the food pusher down slowly.

### Getting the right blend

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal choice. Think of some favourite flavours and foods - would they work well together or would they clash. Some strong flavours could overpower the more subtle flavours of others. It is however, a good rule to combine starchy, pulpy fruits or vegetables with those high in moisture.

### Using the pulp

The remaining pulp left after juicing fruit or vegetables is mostly fibre and cellulose which, like the nutrients in the juice, are necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.

There are a number of recipes contained in this book for the use of pulp (page R12). Apart from these, pulp can be used to add bulk to rissole mixtures, thicken casseroles or soups, or with fruit pulp, simply place in a heat-proof bowl, top with meringue and bake in the oven for a simple dessert. Apart from consumption use, pulp is great to create compost for the garden.

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*When using the pulp, there may be some pieces of fruit or vegetable remaining. These should be removed before using the pulp in any recipes.*

#### NOTE

## Fruit and vegetable facts

Fruit and vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	200g Apple =300kj (72 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	30g Apricot =85kj (20 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =190kj (45 cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125g Blueberries =295kj (70 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =195kj (23 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fibre	100g Brussel Sprouts =110kj (26 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fibre	100g Cabbage =110kj (26 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	120g Carrots =125kj (30 cal)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin K and Potassium	100g Cauliflower = 55kj (13 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	80g stick =55kj (7 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber =120kj (29 cal)
Fennel	Winter/ Spring	Crisper in refrigerator	Vitamin C and Dietary Fibre	300g Fennel = 145kj (35 cal)
Grapes (seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	125g Grapes =355kj (85 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =100j (40 cal)
Mangoes	Summer	Covered in refrigerator	Vitamins A, C, B1, B6 and Potassium	240g Mango =200kj (102 cal)

Fruit and vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary fibre	180g Nectarines =355kj (85 cal.)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C 35mg/100g	150g Orange= 160kj
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3 Potassium and Dietary Fibre	150g Peach =205kj (49 cal)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150g Pear =250kj (60 cal)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple =245kj (59 cal)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70g Plums uncovered =110kj (26 cal)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium and Magnesium	125g Raspberries =130kj (31 cal)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C Dietary fibre Vitamin E, Folate and Vitamin A	100g Tomatoes =90kj (22 cal)

*Your JE 4010 Juice Extractor makes invigorating frothy orange juice. Simply peel the oranges and juice (best to refrigerate oranges before juicing)*

#### NOTE

Changes in text and technical parameters reserved.

**Level of sound power produced by this appliance is 81 dB (A).**

#### Disposal of Used Electrical & Electronic Equipment



The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this equipment at your applicable collection point for the recycling of electrical & electronic equipments waste. In the European Union and Other European countries which there are separate collection systems for used electrical and electronic product.

By ensuring the correct disposal of this product, you will help prevent potentially hazardous to the environment and to human health, which could otherwise be caused by unsuitable waste handling of this product. The recycling of materials will help conserve natural resources. Please do not therefore dispose of your old electrical and electronic equipment with your household waste. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.



# Recipes

## RECIPES CONTENT

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## FRESH STARTS

### **Apple, carrot and celery juice**

Alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:

4 small Granny Smith apples  
3 medium sized carrots  
4 sticks celery

1. Process apples, carrots and celery through JE 4010 Juice Extractor using speed 5.

Mix well and serve immediately.

### **Tomato, carrot, celery and lime juice**

2 medium tomatoes  
1 lime, peeled  
1 large carrot  
2 celery stalks

1. Process tomatoes, lime, carrot and celery through JE 4010 Juice Extractor using speeds 1, 3 and 5.

Serve immediately.

### **Orange, carrot and beetroot juice**

4 oranges, peeled  
2 medium carrots  
3 medium beetroot

1. Process oranges, carrots and beetroot through JE 4010 Juice Extractor using speeds 3 and 5.

Serve immediately.

### **Peach, grapefruit and apple juice**

2 large peaches, halved and seeds removed  
2 grapefruits, peeled  
1 small Delicious apple

1. Process peaches, grapefruit and apple, through JE 4010 Juice Extractor using speeds 2, 3 and 5

Serve immediately.

### **Strawberry, apple and pear juice**

1 cup strawberries, hulls removed  
1 small Granny Smith apple  
3 small ripe pears, stalks removed

1. Process strawberries, apple and pears through JE 4010 Juice Extractor using speeds 1 and 5.

Serve immediately.

### **Rockmelon, mint and mango juice**

1/2 small rockmelon, peeled, seeded and halved  
3 sprigs fresh mint leaves  
1 mango, halved, seeded and peeled

1. Process rockmelon, mint and mango through JE 4010 Juice Extractor using speeds 1 and 2.

Serve immediately.

### **Tomato, cucumber, parsley and carrot juice**

3 medium tomatoes

1 large cucumber, peeled, if desired

1 large bunch fresh parsley

3 medium carrots

1. Process tomatoes, cucumber, parsley and carrots through JE 4010 Juice Extractor using speeds 1, 4 and 5.

Serve immediately.

### **Orange, ginger, celery and kumara juice**

4 oranges, peeled

2.5cm piece fresh ginger

4 sticks celery

1 small kumara (sweet potato), peeled and halved

1. Process oranges, ginger, celery and kumara through JE 4010 Juice Extractor using speeds 3 and 5.

Serve immediately.

### **Parsnip, celery and pear juice**

2 parsnips

4 sticks celery

4 medium pears, stalks removed

1. Process parsnips, celery and pears through JE 4010 Juice Extractor using speed 5.

Serve immediately.

## VITAMIN REPLACERS

### **Tomato, red capsicum, parsley and carrot juice**

3 medium tomatoes  
2 small red capsicums  
4 sprigs parsley  
3 carrots

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, capsicums, parsley and carrots through JE 4010 Juice Extractor using speeds 1, 4 and 5.

Serve immediately.

### **Blackberry, grapefruit and pear juice**

250g blackberries  
2 grapefruits, peeled  
3 ripe pears, stalks removed

1. Process blackberries, grapefruit and pears through JE 4010 Juice Extractor using speeds 1, 3 and 5.

Serve immediately.

### **Beetroot, apple and celery juice**

4 medium sized beetroot  
2 medium Granny Smith apples  
4 sticks celery

1. Process beetroot, apples and celery through JE 4010 Juice Extractor using speed 5.

Serve immediately.

### **Blueberry, blackberry, strawberry and lime juice**

500g blackberries  
500g blueberries  
500g strawberries, hulls removed  
1 lime, peeled

1. Process blackberries, blueberries, strawberries and lime through JE 4010 Juice Extractor using speeds 1 and 3.

Serve immediately.

### **Cucumber, celery, bean sprout and fennel juice**

1 large cucumber  
3 sticks celery  
2 cups bean sprouts  
1 bulb fennel

1. Process cucumber, celery, bean sprouts and fennel through JE 4010 Juice Extractor using speeds 4 and 5.

Serve immediately.

### **Frothy orange juice**

1kg oranges, peeled

1. Process oranges through JE 4010 Juice Extractor using speed 3.

Serve immediately. (Refrigerate oranges before juicing)

## LIQUID LUNCHES

### Fresh vegetable soup with noodles

1 small tomato  
1 green capsicum, base removed and seeded  
1 small onion, peeled and trimmed  
2 carrots  
1 tablespoon butter  
1 tablespoon wholemeal flour 375ml  
vegetable stock  
1 x 425g canned baked beans  
1 packet 2 Minute Noodles  
Freshly ground black pepper

1. Process tomato, capsicum, onion and carrots through JE 4010 Juice Extractor using speeds 1, 4 and 5.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and baked beans.
5. Bring to the boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.
7. Pour soup into 4 serving bowls, sprinkle with black pepper to taste and serve immediately.

### Gazpacho

4 medium tomatoes  
4 sprigs fresh parsley  
1 red capsicum, base removed and seeded  
1 Lebanese cucumber  
1 large clove garlic, peeled  
1 small onion, peeled and trimmed  
2 carrots  
2 stalks celery  
2 tablespoons red wine vinegar  
Freshly ground black pepper  
1 cup crushed ice  
3 tablespoons chopped fresh basil

1. Process tomatoes, parsley, red capsicum, cucumber, garlic, onion, carrots and celery through JE 4010 Juice Extractor using speeds 1, 4 and 5.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.
4. Pour soup over ice in bowls, sprinkle with basil and serve immediately.

### **Pasta with Provencale style sauce**

4 tomatoes

2 sprigs fresh parsley

1 red capsicum, base removed and seeded

1 stick celery

2 large cloves garlic

1 small onion, peeled and trimmed

1 tablespoon tomato paste

1/2 cup red wine

500g cooked pasta

2 teaspoons dried oregano

3 tablespoons grated Parmesan cheese

1. Process tomatoes, parsley, red capsicum, celery, garlic and onion through JE 4010 Juice Extractor using speeds 1, 4 and 5.
2. Blend tomato paste with red wine, stir in the extracted juice.
3. Pour into a saucepan and cook over medium heat for 3-4 minutes.
4. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls.
5. Sprinkle with oregano and Parmesan cheese.

Serve immediately.

### **Mango, rockmelon and orange yoghurt drink**

1 mango, halved, peeled and seeded

1/2 small rockmelon, peeled, seeded and cut into two equal portions

5 oranges, peeled

3 tablespoons natural yoghurt

1. Process mango, rockmelon and oranges through JE 4010 Juice Extractor using speeds 1, 2 and 3.
2. Pour into a large bowl. Whisk in yoghurt. Serve immediately.

## ICY COOLERS

### Sparkling pear and apricot cooler

4 large apricots, halved and seeded  
3 large pears, stalks removed  
1 cup crushed ice  
250ml mineral water

1. Process apricots and pears through JE 4010 Juice Extractor using speeds 2 and 5.
2. Scoop ice into 4 tall glasses.
3. Divide extracted juice between the glasses.
4. Top with mineral water, stir well to blend.

Serve immediately.

### Rockmelon, strawberry and passion crush

1/2 rockmelon, peeled, seeded and divided into 2 equal portions  
250g strawberries, hulled  
Pulp of 2 passion fruit  
1 cup crushed ice

1. Process rockmelon and strawberries through JE 4010 Juice Extractor using speed 1.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

### Tropical blend

2 mangoes, halved, seeded and peeled  
3 kiwi fruit, peeled  
1/2 small pineapple, peeled and halved  
1/2 cup fresh mint leaves  
1 cup crushed ice

1. Process mangoes, kiwi fruit, pineapple and mint through JE 4010 Juice Extractor using speeds 2 and 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.

Serve immediately.

### Tomato, nectarine, passionfruit and mint icer

6 tomatoes  
2 nectarines, peeled, seed removed  
1/2 cup fresh mint leaves  
Pulp of 4 passion fruit  
1 cup crushed ice

1. Process tomatoes, nectarines and mint leaves through JE 4010 Juice Extractor using speeds 1 and 2.
2. Stir in passionfruit pulp.
3. Scoop ice into 4 glasses, pour in juice, mix well to combine.

Serve immediately.

### **Cucumber, pineapple and coriander ice**

2 cucumbers, peeled if desired  
1/2 cup fresh coriander leaves  
1/2 small pineapple, peeled and halved  
1 cup crushed ice

1. Process cucumbers, coriander and pineapple through JE 4010 Juice Extractor using speeds 4 and 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.

Serve immediately.

### **Pear, radish and celery crush**

3 medium pears, stalks removed  
4 radishes, trimmed  
3 sticks celery  
1 cup crushed ice

1. Process pears, radishes and celery through JE 4010 Juice Extractor using speed 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.

Serve immediately.

## SPIRITED JUICES

### Coconut pineapple colada

1/2 large pineapple, peeled and quartered  
3 tablespoons Malibu liqueur  
2 tablespoons coconut cream  
500ml soda water  
1 cup crushed ice

1. Process pineapple through JE 4010 Juice Extractor using speed 5.
2. Stir in liqueur, coconut cream and soda water.
3. Scoop ice into 4 tall glasses, pour in juice mixture, mix well to combine.

Serve immediately.

### Honeydew dream

1 honeydew melon, peeled, seeded and quartered  
3 tablespoons Midori liqueur  
500ml soda water  
1 cup crushed ice

1. Process honeydew melon through JE 4010 Juice Extractor using speed 1.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour in melon mixture, mix well to combine.

Serve immediately.

### Bloody mary

4 medium tomatoes  
1 large red capsicum, base removed and seeded  
2 sticks celery  
1/3 cup Vodka  
1 cup crushed ice

1. Process tomatoes, celery and red capsicum through JE 4010 Juice Extractor using speeds 1, 4 and 5.
2. Stir in Vodka. Scoop ice into 4 glasses, pour in tomato mixture, mix well to combine.

Serve immediately.

### Peach and mint julep

6 peaches, halved and seeded  
1/2 cup fresh mint leaves  
2 tablespoons Creme de Menthe  
2 teaspoons sugar  
1/2 cup crushed ice  
500ml mineral water

1. Process peaches and mint leaves through JE 4010 Juice Extractor using speed 2.
2. Stir in Creme de Menthe and sugar.
3. Scoop ice into 4 glasses, pour in peach mixture, mix well to combine.

Serve immediately.

## ENERGY FUEL

### **Grape, kiwi fruit and berry booster**

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.

500g green seedless grapes, stems removed  
2 kiwi fruit, peeled  
250g strawberries, hulled  
500ml skim milk  
2 tablespoons powdered protein drink mix  
1/2 cup crushed ice

1. Process grapes, kiwi fruit and strawberries through JE 4010 Juice Extractor using speed 1.
2. Mix in milk, protein drink mix and crushed ice.
3. Pour into chilled glasses and serve immediately.

### **Apricot, apple and pear sparkle**

4 large apricots, halved and seeded  
4 small red apples  
3 medium pears, stalks removed  
250ml sparkling mineral water  
1/2 cup crushed ice

1. Process apricots, apples and pears through JE 4010 Juice Extractor using speeds 2 and 5.
2. Stir in mineral water and ice.
3. Pour into chilled glasses and serve immediately.

### **Orange, carrot, mint and beetroot quencher**

4 oranges, peeled  
8 carrots  
1/4 cup fresh mint leaves  
2 small beetroots

1. Process oranges, carrots, mint leaves and beetroots through JE 4010 Juice Extractor using speeds 3 and 5.

Serve immediately.

## FIBRE FAVOURITES

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

### **Carrot, pumpkin and feta flan**

8 sheets filo pastry  
60g butter, melted  
1 leek, finely sliced  
1 cup pumpkin pulp  
1 cup carrot pulp  
250g feta cheese, crumbled  
3 x 60g eggs  
1 egg white  
1/2 cup milk  
2 tablespoons orange rind  
3 tablespoons chopped fresh parsley

1. Layer the sheets of pastry, brushing between each sheet with melted butter. Lift pastry into a 25cm flan tin, press over base and side. Trim pastry edge to about 1.5cm higher than side of tin.
2. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry case and bake at 180°C for 25-30 minutes or until golden and set.

### **Vegetable and bacon soup**

3 teaspoons butter  
1 onion, finely chopped  
1 ham bone  
350g beetroot pulp, strained and juice reserved  
50g potato pulp, strained and juice reserved  
50g carrot pulp, strained and juice reserved  
100g tomato pulp, strained and juice reserved  
50g cabbage pulp, strained and juice reserved  
Reserved juices and enough water to make 2 litres  
4 bacon rashers, chopped  
1 tablespoon lemon juice  
1/2 cup sour cream, for serving

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes.
  2. Remove ham bone, discard bone, finely chop meat and return to the pan.
- Serve topped with sour cream.

### **Carrot, apple and celery strudels**

30g butter

1 small onion, finely chopped

4 1/2 cups carrot, apple and celery pulp, strained (see juice recipe on page R3)

250g cottage cheese

2 tablespoons chopped fresh mint

1 x 60g egg, beaten

12 sheets filo pastry

60g butter, melted extra

1 cup grated fresh Parmesan cheese

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste.
2. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
3. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
3. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a Swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°C for 20-25 minutes or until golden brown.

### **Parsnip, herb and polenta hot cakes**

2 cups parsnip pulp, strained

1/4 cup milk

2 x 60g eggs, separated

1/4 cup polenta (corn meal)

1/4 cup self-raising flour

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh rosemary

1 teaspoon Cajun seasoning

1 small red capsicum, finely chopped

1 tablespoon oil

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, Cajun seasoning and red capsicum in a large mixing bowl. In a separate bowl, beat egg whites until soft peaks form, fold into parsnip mixture.
2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden brown.

Serve immediately.

### **Berry and white chocolate mousse**

200g white chocolate  
200g strawberry pulp  
200g raspberry pulp  
3 teaspoons gelatine dissolved in 3  
tablespoons hot water  
3 egg yolks  
300ml carton thickened cream  
1/4 cup icing sugar  
2 tablespoons Grand Marnier

1. Melt chocolate over hot water, cool, being careful not to let it set.
2. Combine strawberry pulp and raspberry pulp, set aside.
3. Combine melted chocolate, gelatine mixture and egg yolks, whisk until pale and glossy.
4. In a separate bowl, beat cream and icing sugar together until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

### **Carrot cake**

13/4 cups plain flour  
2 teaspoons baking powder  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground cardamom  
1/2 cup peanuts, finely chopped  
1/2 cup sultanas  
1/2 cup brown sugar, firmly packed  
1 1/2 cups carrot pulp  
2 x 60g eggs, lightly beaten  
1/2 cup oil  
1/4 cup sour cream

1. Grease and line a 25cm x 15cm loaf pan. Sift flour, baking powder, nutmeg, cinnamon and cardamom into a large mixing bowl, add, peanuts, sultanas, brown sugar and carrot pulp. Stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
2. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before turning out onto a wire cake rack.

### **Family meat loaf**

500g lean beef mince  
500g sausage mince  
2 onions, finely chopped  
1/2 cup carrot pulp, strained  
1/2 cup potato pulp, strained  
2 teaspoons curry powder  
1 teaspoon ground cumin  
1 tablespoon chopped fresh parsley  
1 x 60g egg, lightly beaten  
1/2 cup evaporated milk  
1/2 cup beef stock  
Freshly ground black pepper  
2 tablespoons slivered almonds

### **Tomato Glaze**

1/2 cup beef stock  
4 tablespoons tomato sauce  
1 teaspoon instant coffee powder  
3 tablespoons Worcestershire sauce  
1 1/2 tablespoons vinegar  
1 1/2 tablespoons lemon juice  
3 tablespoons brown sugar  
1/4 cup butter

1. Place beef mince, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 11 cm x 21 cm loaf pan. Press almonds into top of mixture to make a pattern.
2. Make Tomato Glaze and pour over meatloaf and bake, basting often with glaze, for 40 minutes.
3. To make glaze, place stock, tomato sauce, coffee powder, Worcestershire sauce, vinegar, lemon juice, sugar and butter in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring frequently, for 8-10 minutes or until glaze reduces and thickens slightly.

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