



# JUICE EXTRACTOR

800 SERIES  
PREMIUM GRADE TOOLS

Instructions  
for use



JE 8010

JUICE EXTRACTOR

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# Congratulation

on your purchase of your new Juice Extractor JE 8010



From its superbly crafted and ultra-quiet motor right through to the commercially styled casing, your JE 8010 Die-cast juicer represents a perfect balance of functionality, reliability and absolute style.

In developing this booklet our goal was to provide you with a starting point from which you can explore the incredible versatility of your new juicer. From beautifully fresh and healthy fruit and vegetable recipes though to the guide for cleaning and maintenance, we hope each page helps you gain many years of health and enjoyment.

**We would just like to say thank you, congratulations and...**



## 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 8010 JUICER PROFESSIONAL AND FOR ALL ELECTRICAL APPLIANCES

- 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.
- Do not push produce into the feed chute with your fingers. Always use the Food Pusher provided.
- Do not touch the small sharp teeth and blade in the centre of the Stainless Steel Filter Basket.
- Do not touch the sharp blade in the Feed Chute.
- Always make sure the JE 8010 Juicer is properly and completely assembled before connecting to power outlet and operating. The unit will not turn 'ON' unless properly assembled.
- Always use the JE 8010 Juicer on a dry, level surface.
- Always switch the JE 8010 Juicer off, then switch off at the power outlet and then unplug appliance – if appliance is to be left unattended, – if not in use, – before cleaning, – before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Do not juice stone fruit unless seed stone has been removed.
- Regularly inspect the supply cord, plug, filter basket and actual appliance for any damage. If found damaged in anyway, immediately cease use of the appliance and return the entire appliance to the nearest Catler Service Centre for examination, replacement or repair.
- Carefully read all instructions before operating and save for future reference.
- Do not immerse power cord or motor base in water or any other liquid. Do not use a water jet to clean the power cord or motor base.
- Do not leave the appliance unattended when in use.
- Do not run the JE 8010 Juicer for more than one minute at a time when juicing hard fruits and vegetables at a rapid rate and with firm pressure.
- Do not let the cord hang over the edge of a table or counter, or touch hot surfaces or become knotted.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Any maintenance other than cleaning should be performed at an authorised Catler Service Centre.
- Do not use this appliance for 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.
- Strictly follow cleaning and care instructions.

**WARNING:**  
**SUPER WIDE FEED CHUTE. DO NOT PLACE HANDS OR FOREIGN OBJECTS DOWN FEED CHUTE. ALWAYS USE FOOD PUSHER PROVIDED.**

## KNOW YOUR JE 8010 JUICER

**Patented\* super wide feed chute**  
fits whole apples, carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables fast and easy

**Safety locking arm**  
– Juicer will not operate without juicer cover in place and safety locking arm in place in the vertical operating position

**Large pulp container with integrated handle**  
(dishwasher safe)

**Two speed electronic control**  
Low speed for juicing soft fruits with high water content such as watermelon. High speed for juicing hard fruit and vegetables

**“OFF” button**

**Overload protection button**  
safeguard against overheating (not shown in picture)



**Food pusher**  
for pushing whole fruit and vegetables down the patented wide feed chute.

**Juicer cover**  
(dishwasher safe)

**Stainless steel micro mesh filter basket**  
(dishwasher safe)

**Dishwasher safe 1 litre juice jug**  
with integrated handle for left or right handed use

**High performance motor**

**Cord**  
wraps around feet and clips into position under base (not shown in picture)

\* Patent pending

**Built in froth separator**  
Frother attachment ensures juice froth is separated from juice when poured into a glass (if preferred).

**1 Litre dishwasher safe juice jug**



**Juice jug lid**  
allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator

**NOTE:**

To have froth in the juice jug simply remove the lid before juicing.

## ASSEMBLING YOUR JE 8010 JUICER



**STEP 1.**  
Place Filter Bowl Surround on top of the Motor Base.



**STEP 2.**  
Align the arrows on 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 3.**  
Place the Juicer Cover over the Filter Bowl Surround, positioning the Juicer Cover over the Stainless Steel Filter Basket and lower into position.



**STEP 4.**

Raise the Safety Locking Arm up and lock 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 5.**

Slide the Food Pusher down the Feed Chute by aligning the groove in the Food Pusher with the small protrusion on the inside of the top of the Feed Chute.



**STEP 5.1.**

Continue to slide the Food Pusher down the Feed Chute.



**STEP 6.**

Place the Pulp Container into position by tilting slightly.

**Hint:**

To minimise washing up we suggest you place a plastic freezer bag (or plastic grocery bag) into the Pulp Container to collect the pulp.



**STEP 7.**

Place the Juice Jug provided under the spout on the right hand side of the JE 8010 Commercial Juicer. The lid can be placed on to avoid any splatter.

**NOTE:**

A glass could also be used to collect the juice.

Operating

## OPERATING YOUR JE 8010 JUICER

### STEP 1.

Wash your selection of fruit and vegetables ready for juicing.

#### NOTE:

Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut to size as these will fit into the feed chute whole. When juicing carrots place the tip of the carrot into the feed chute last.

### STEP 2.

Ensure the JE 8010 Juicer is correctly assembled. Ensure the Stainless Steel Filter is thoroughly cleaned before each use (refer to cleaning on pages 17-18). Ensure you place the Juice Jug (or glass) under spout before commencing juicing.

### STEP 3.

Plug the power cord into a 230/240V power outlet and then turn the power 'ON'. Push the Two Speed switch either up for low speed or down for high speed depending on the type of fruit or vegetable being juiced and the unit will automatically start. Use the speed selector table as a guide for juicing different fruit and vegetables.

### STEP 4.

With the motor running, place food into the Feed Chute. Using the Food Pusher, gently guide food down the Feed Chute. To extract the maximum amount of juice, always push the Food Pusher down slowly.

### STEP 5.

Juice will flow into the Juice Jug and the separated pulp will accumulate in the Pulp Container.

SPEED SELECTOR TABLE

APPLES	HIGH
APRICOTS	LOW
BETROOT	HIGH
BLUEBERRIES	LOW
BROCCOLI	LOW
BRUSSELS SPROUTS	HIGH
CABBAGE	LOW
CARROTS	HIGH
CAULIFLOWER	LOW
CELERY	HIGH
CUCUMBER	LOW
FENNEL	HIGH
GRAPES (SEEDLESS)	LOW
KIWI FRUIT	LOW
MANGOES	LOW
MELONS	LOW
NECTARINES (STONE REMOVED)	LOW
ORANGES (PEELED)	HIGH OR LOW
PEACHES (STONE REMOVED)	LOW
PEARS	HIGH FOR HARD OR LOW FOR SOFT
PINEAPPLE	HIGH
PLUMS (STONE REMOVED)	LOW
RASPBERRIES	LOW
TOMATOES	LOW
WATERMELON	LOW

#### WARNING:

NEVER USE FINGERS TO PUSH FOOD DOWN THE FEED CHUTE OR TO CLEAR THE FEED CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.

**NOTE:**

The Pulp Container can be emptied during juicing by turning the JE 8010 Juicer "OFF" and then carefully removing the Pulp Container. (Replace empty Pulp Container before continuing to juice). Do not allow the Pulp Container to overflow as this may prevent correct operation or damage the unit.



**Hint:**

To minimise washing up place a freezer bag (or plastic grocery bag) into the Pulp Container to collect the pulp.

**OVERLOAD PROTECTION BUTTON**

The Catler JE 8010 Juicer is fitted with a safety device which safeguards against overheating with excessive loads. If this occurs, the JE 8010 Juicer will automatically activate the overload protection button and the unit will switch itself off.

If this occurs turn the power OFF at the power outlet and allow the unit to cool. Then press the Overload Protection Button found on the bottom of the Motor Base. The safety device will then be reset and the JE 8010 Juicer is ready for use again.



## DISASSEMBLING YOUR JE 8010 JUICER



**STEP 1.**  
Push the "OFF" button on JE 8010 Juicer Professional and then switch OFF at the power outlet and unplug.



**STEP 2.**  
Remove the pulp container by holding the handle and pivoting the bottom of the Pulp Container away from the juicer.



**STEP 3.**  
Place both hands on either side of the Locking Arm and pull back and lift over the grooves on either side of the Juicer Cover.



**STEP 4.**  
Move the Locking Arm down.



**STEP 5.**  
Lift the Juicer Cover off the JE 8010 Juicer.



**STEP 6.**  
To remove Stainless Steel Filter Basket, hold base of juicer and turn Filter Bowl Surround by the Juice Spout.



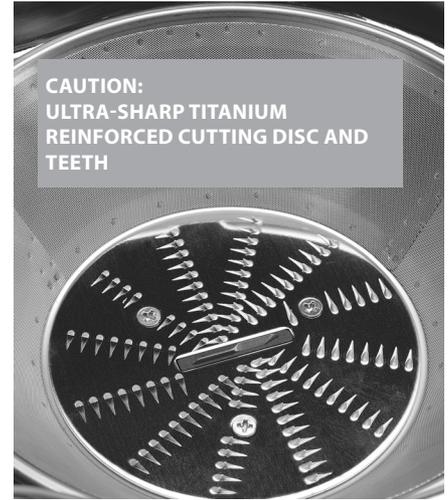
**STEP 7.**

Lift off the Filter Bowl Surround with the Stainless Steel Filter Basket still in place.



**STEP 8.**

To remove the Stainless Steel Filter Basket, turn the Filter Bowl Surround upside down and carefully remove the Filter Basket. (It is recommended to remove the Filter Basket over the sink).



**CAUTION:**  
ULTRA-SHARP TITANIUM  
REINFORCED CUTTING DISC AND  
TEETH

**WARNING:**  
THE STAINLESS STEEL FILTER BASKET  
CONTAINS A TITANIUM REINFORCED  
CUTTING DISC WITH SUPER SHARP  
BLADES AND TEETH. DO NOT TOUCH  
TEETH AND BLADE WHEN HANDLING THE  
FILTER BASKET.

Cleaning

## CARE AND CLEANING

- Always ensure that the JE 8010 Juicer is switched off and that the power is switched off at the power outlet. Then remove the plug from the power outlet before cleaning, disassembling or assembling and storing the appliance.
- Follow these instructions to clean all surfaces of parts that come into contact with food during normal use.
- For easy cleaning – immediately after each use rinse removable parts under running water (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit (see pages 13-15) all removable parts may be washed in hot soapy water.
- The JE 8010 Juicer Cover, Filter Bowl Surround, Pulp Container, Stainless Steel Filter Basket and 1 Litre Juice Jug are dishwasher safe, (Top Shelf only).
- Wipe the Motor Base with a damp cloth.



- For consistent juicing results always ensure that the Stainless Steel Filter Basket is thoroughly cleaned using the supplied nylon brush. Using the nylon washing brush, hold the Stainless Steel Filter Basket under running water and brush from the inside of the basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the Stainless Steel Filter Basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the Stainless Steel Filter Basket in the dishwasher.
- Do not soak the Stainless Steel Filter Basket in bleach.
- Always treat the Stainless Steel Filter Basket with care as it can be easily damaged.
- 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 10% lemon juice and water or they can be cleaned with a non abrasive cleaner.

### WARNING:

THE CENTRE OF THE FILTER BASKET AND FEED CHUTE CONTAIN A TITANIUM REINFORCED CUTTING DISC WITH SUPER SHARP TEETH AND BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH TEETH AND BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

**NOTE:**

To assist with cleaning 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.

For your convenience a nylon cleaning brush has been included with your JE 8010 Juicer.



**Hint:**

To minimise washing up place a freezer bag (or plastic grocery bag) into the Pulp Container to collect the pulp. When juicing is completed simply remove the bag containing the pulp and place the bag into a bin. (Refer page R16 for “Ideas on Using the Pulp”).

## TROUBLE SHOOTING GUIDE

POSSIBLE PROBLEM	EASY SOLUTION
<b>Machine will not work when switched "ON"</b>	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 juice cover (see picture on page 8, step 4).
<b>Motor appears to stall when juicing</b>	Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly (refer page 11, step 4). Clean the filter bowl surround, the stainless steel filter and the juicer cover. Select HIGH speed instead of the LOW speed setting.
<b>Excess pulp building up in the Stainless Steel Filter Basket</b>	Stop the juicing process. Remove the juicer cover (refer page 13-15, steps 1 - 8), scrape off pulp. Re-assemble (refer page 7-9, steps 1 - 7) and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
<b>Pulp too wet and reduced extracted juice</b>	Try a slower juicing action. Remove Stainless Steel Filter Basket (refer page 13-15, steps 1 - 8) and thoroughly clean mesh walls with a fine brush. Rinse Stainless Steel Filter Basket under hot water. If the mesh holes are blocked, soak the Stainless Steel Filter 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.
<b>Juice leaks between the rim of the Juicer Cover and the Stainless Steel Filter Basket</b>	Try a slower juicing action by pushing the food pusher down more slowly (refer page 11, step 4). Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.
<b>Filter bowl Surround Sprays juice out from spout</b>	Try a slower juicing action by pushing the food pusher down more slowly (refer page 11, step 4).
<b>The Unit will not switch on</b>	Check the Overload Protection Button on the bottom of the Motor Base to check if the safety device has not been activated automatically.

## TIPS ON JUICING

### THE INSIDE INFORMATION ON JUICE

Although juice drinks are usually 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 fruit and vegetables form an important part of a well-balanced diet. Fresh fruit and vegetable juices are an easy to make 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 juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavouring agents.

Freshly extracted juices should be consumed just after they have been made 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.
- Keep your fruit and vegetables ready for juicing by washing 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.
- Citrus fruit can be juiced in the JE 8010 Juicer if peeled first.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to inhibit browning.

### HINT:

Your JE 8010 Juicer Professional makes invigorating, frothy orange juice. Simply peel the oranges and juice. (It is best to refrigerate oranges before juicing).

## THE RIGHT TECHNIQUE

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

### NOTE:

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 then with a combination of other fruit and vegetables.

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.

### NOTE:

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 thing. Just think of some of your 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 of thumb to combine starchy, pulpy ingredients 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 juice, contains vital nutrients 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.

Some of the uses of pulp are to bulk out rissoles, thicken casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and baked for a simple dessert.

Quite apart from the consumption use, pulp is great used in the garden for compost.

### NOTE:

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

**Level of sound power produced by this appliance is 86dB (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

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FRESH STARTS

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## FRESH STARTS

### APPLE, CARROT AND CELERY JUICE

Makes approximately 2 cups

You may 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, trimmed**

**4 sticks celery**

1. Process apples, carrots and celery through Juicer.

Mix well and serve immediately.

### TOMATO, CARROT, CELERY AND LIME JUICE

Makes approximately 3 cups

**2 medium tomatoes**

**1 large carrot, trimmed**

**2 celery stalks, trimmed**

**1 lime, peeled**

1. Process tomatoes, carrots, celery and lime through the Juicer.

Serve immediately.

### CARROT, BEETROOT AND ORANGE JUICE

Makes approximately 2 cups

**2 medium carrots, trimmed**

**3 medium beetroot, trimmed**

**4 oranges, peeled**

1. Process carrots, beetroot and oranges through the Juicer.

Serve immediately.

**APPLE, PEACH AND GRAPEFRUIT JUICE**

Makes approximately 2 ½ cups

**1 small Delicious apple**

**2 large peaches, halved and seeds removed**

**2 grapefruits, peeled**

1. Process apple, peaches and grapefruit through the Juicer.

Serve immediately.

**PINEAPPLE, PEACH AND PEAR JUICE**

Makes approximately 3 cups

**½ small pineapple, peeled and halved**

**2 peaches, halved and seeds removed**

**2 small ripe pears**

1. Process pineapple, peaches and pears through the Juicer.

Serve immediately.

**APPLE, PEAR AND STRAWBERRY JUICE**

Makes approximately 3 cups

**1 small Granny Smith apple**

**3 small ripe pears**

**1 cup strawberries, trimmed**

1. Process apple, pears and strawberries through the Juicer.

Serve immediately.

### **ROCKMELON, MINT AND MANGO JUICE**

Make approximately 2 1/4 cups

**½ small rockmelon, peeled, seeded and halved**

**3 sprigs fresh mint leaves**

**1 mango, halved, seeded and peeled**

1. Process rockmelon, mint and mango through the Juicer.

Serve immediately.

### **TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE**

Makes approximately 3 cups

**3 medium tomatoes**

**1 large cucumber**

**1 large bunch fresh parsley**

**3 medium carrots, trimmed**

1. Process tomatoes, cucumber, parsley and carrots through the Juicer.

Serve immediately.

### **KUMARA, CELERY, GINGER AND ORANGE JUICE**

Makes approximately 3 cups

**4 sticks celery, trimmed**

**1 small kumara (sweet potato), peeled and halved**

**2.5cm piece fresh ginger**

**4 oranges, peeled**

1. Process celery, kumara, ginger and oranges through the Juicer.

Serve immediately.

### **PARSNIP, CELERY AND PEAR JUICE**

Makes approximately 3 cups

**2 parsnips, trimmed**

**4 sticks celery, trimmed**

**4 medium pears, stalks removed**

1. Process parsnips, celery and pears through the Juicer.

Serve immediately.

## VITAMIN REPLACERS

### **TOMATO, CARROT AND RED CAPSICUM JUICE**

Makes approximately 3 cups

- 2 small red capsicums**
- 3 medium tomatoes**
- 3 carrots, trimmed**
- 4 sprigs parsley**

1. Trim base of capsicums and remove seeds.
  2. Process tomatoes, carrots, parsley and capsicums through the Juicer.
- Serve immediately.

### **BLACKBERRY, PEAR AND GRAPEFRUIT JUICE**

Makes approximately 3 cups

- 250g blackberries**
- 3 ripe pears**
- 2 grapefruits, peeled**

1. Process blackberries, pears and grapefruits through the Juicer.
- Serve immediately.

### **BETROOT, APPLE AND CELERY JUICE**

Makes approximately 2 cups

- 4 medium sized beetroot, trimmed**
- 2 medium Granny Smith apples**
- 4 sticks celery**

1. Process beetroot, apples and celery through the Juicer.
- Serve immediately.

### **BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE**

Makes approximately 3 ½ cups

**500g blackberries**

**500g blueberries**

**500g strawberries, hulled**

**1 lime, peeled**

1. Process blackberries, blueberries, strawberries and lime through the Juicer.

Serve immediately.

### **CUCUMBER, CELERY, FENNEL AND BEAN SPROUT JUICE**

Makes approximately 3 cups

**1 large cucumber**

**3 sticks celery**

**1 bulb fennel, trimmed**

**2 cups bean sprouts**

1. Process cucumber, celery, fennel and bean sprouts through the Juicer.

Serve immediately.

### **FROTHY ORANGE JUICE**

Serves 4/ Makes 8-10 cups

**1 kg oranges, peeled**

1. Process oranges through the Juicer.

Serve immediately.

(Best to refrigerate oranges before juicing)

## LIQUID LUNCH

### FRESH VEGETABLE SOUP WITH NOODLES

Serves 4

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

1. Process tomato, onion, carrots and green capsicum through the Juicer.
2. Melt butter in 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.

Pour soup into 4 bowls, sprinkle with black pepper to taste and serve immediately.

### GAZPACHO

Serves 4

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

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through the Juicer.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.  
Pour in extracted juice, sprinkle with basil and serve immediately.

## **PASTA WITH PROVENCE STYLE SAUCE**

Serves 4

**4 tomatoes**

**2 sprigs fresh parsley**

**1 stick celery**

**2 large cloves garlic**

**1 small onion, peeled and trimmed**

**1 red capsicum, base removed and seeded**

**1 tablespoon tomato paste**

**½ cup red wine**

**2 teaspoons dried oregano**

**500g cooked pasta**

**3 tablespoons grated Parmesan cheese**

1. Process tomatoes, parsley, celery, garlic, onion and red capsicum through the Juicer.
2. Blend tomato paste with red wine, stir in 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 YOGURT DRINK**

**1 mango, halved, peeled and seeded**

**½ small rockmelon, peeled, seeded and cut into two equal portions**

**5 oranges, peeled**

**3 tablespoons natural yoghurt**

1. Process mango, rockmelon and oranges through the Juicer.
2. Pour into a large bowl and whisk in yoghurt. Serve immediately.

## ICY COOLERS

### SPARKLING PEAR AND APRICOT COOLER

Serves 4

**4 large apricots, halved and seeded**

**3 large pears**

**250ml mineral water**

**1 cup crushed ice**

1. Process apricots and pears through the Juicer.
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

Serves 4

**½ rockmelon, peeled, seeded and divided into 2 equal portions.**

**250g strawberries, hulled**

**Pulp of 2 passionfruits**

**1 cup crushed ice**

1. Process rockmelon and strawberries through the Juicer.
2. Stir in passion fruit pulp.
3. Scoop into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

### TROPICAL BLEND

Serves 4

**2 mangoes, halved, seeded and peeled**

**3 kiwi fruit, peeled**

**½ small pineapple, peeled and halved**

**½ cup fresh mint leaves**

**1 cup crushed ice**

1. Process mangoes, kiwi fruit, pineapple and mint through the Juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

### **TOMATO, NECTARINE, PASSIONFRUIT AND MINT ICER**

Serves 4

**6 tomatoes**

**2 nectarines**

**½ cup fresh mint leaves**

**Pulp of 4 passionfruit**

**1 cup crushed ice**

1. Process tomatoes, nectarines and mint leaves through the Juicer.
2. Stir in passionfruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

### **CUCUMBER, PINEAPPLE AND CORIANDER ICE**

Serves 4

**½ small pineapple, peeled and halved**

**2 cucumbers**

**½ cup fresh coriander leaves**

**1 cup crushed ice**

1. Process pineapple, cucumbers and coriander through the Juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

### **PEAR, RADISH AND CELERY CRUSH**

Serves 4

**3 medium pears**

**4 radishes, trimmed**

**3 sticks celery**

**1 cup crushed ice**

1. Process pears, radishes and celery through the Juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

## SPIRITED JUICES

### COCONUT PINEAPPLE COLADA

Serves 4

**½ large pineapple, peeled and quartered**  
**2 tablespoons coconut cream**  
**3 tablespoons Malibu liqueur**  
**500ml soda water**  
**1 cup crushed ice**

1. Process pineapple through the Juicer.
  2. Stir in liqueur, coconut cream and soda water.
  3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.
- Serve immediately.

### HONEYDEW DREAM

Serves 4

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

1. Process honeydew melon through the Juicer.
  2. Stir in liqueur and soda water.
  3. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine.
- Serve immediately.

### BLOODY MARY

Serves 4

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

1. Process tomatoes, celery and red capsicum through the Juicer.
  2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.
- Serve immediately.

### **PEACH AND MINT JULEP**

Serves 4

**6 peaches, halved and seeded**

**½ cup fresh mint leaves**

**2 tablespoons Crème de Menthe**

**2 teaspoons sugar**

**½ cup crushed ice**

**500ml mineral water**

1. Process peaches and mint leaves through the Juicer.
2. Stir in Crème de Menthe and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine.

Serve immediately.

### **GRAPE, KIWI FRUIT AND BERRY BOOSTER**

Serves 6

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**

**½ cup crushed ice**

1. Process grapes, kiwi fruit and strawberries through the Juicer.
2. Mix in milk, protein mix and crushed ice.

Serve immediately.

### **APRICOT, APPLE AND PEAR SPARKLE**

**4 large apricots, halved and seeded**

**4 small red apples**

**3 medium pears**

**250ml sparkling mineral water**

**½ cup crushed ice**

1. Process apricots, apples and pears through the Juicer.
  2. Stir in mineral water and ice.
- Serve immediately.

### **BETROOT, CARROT AND ORANGE QUENCHER**

Serves 4

**8 carrots**

**2 small beetroots, trimmed**

**1/4 cup fresh mint leaves**

**4 oranges, peeled**

- 1 Process carrots, beetroot, mint leaves and oranges through the Juicer.
- 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

Serves 6

- 30g butter, melted**
- 8 Sheets filo pastry**
- 1 leek finely sliced**
- 1 cup pumpkin pulp**
- 1 cup carrot pulp**
- 250g feta cheese, crumbled**
- 3 eggs**
- 1 egg white**
- ½ cup milk**
- 2 tablespoons orange rind**
- 3 tablespoons chopped fresh parsley**

1. Layer the sheets of pastry, brushing between each sheet with 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

Serves 4

- 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 up 2 litres**
- 4 bacon rashers, chopped**
- 1 tablespoon lemon juice**
- ½ cup sour cream**

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

Makes 8

- 30g butter**
- 1 small onion, finely chopped**
- 4 ½ cups carrot, apple and celery pulp, strained (see Recipe-Fresh Starts on page R3)**
- 250g cottage cheese**
- 2 tablespoons chopped fresh mint**
- 1 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. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
2. 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.

### PARSNIP, HERB AND POLENTA HOT CAKES

Serves 6

- 2 cups parsnip, strained**
- 1/4 cup milk**
- 2 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. 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.

Serve immediately.

### BERRY AND WHITE CHOCOLATE MOUSSE

Serves 6

- 200g white chocolate**
- 200g strawberry pulp**
- 200g raspberry pulp**
- 3 teaspoons gelatine dissolved in 3 table-  
spoons 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. Combine strawberry pulp and raspberry pulp, set aside. Combine chocolate, gelatine mixture and egg yolks, whisk until pale and glossy. 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

Serves 16

- 1 ¾ cups plain flour**
- 2 teaspoons baking powder**
- ½ teaspoon nutmeg**
- ½ teaspoon cinnamon**
- ½ teaspoon cardamom**
- ½ cup peanuts, chopped**
- ½ cup sultanas**
- ½ cup brown sugar, firmly packed**
- 1 ½ cups carrot pulp**
- 2 eggs, lightly beaten**
- ½ cup oil**
- 1/4 cup sour cream**

1. Grease and line a 25cm x 15cm loaf pan. Sift flour, nutmeg, cinnamon, cardamom and baking powder 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 inverting out onto a wire cake rack.

## **FAMILY MEAT LOAF**

Serve 6-8

**500g lean beef mince**

**500g sausage mince**

**2 onions, finely chopped**

**½ cup carrot pulp, strained**

**½ cup potato pulp, strained**

**2 teaspoons curry powder**

**1 teaspoon ground cumin**

**1 tablespoon chopped fresh parsley**

**1 egg, lightly beaten**

**½ cup evaporated milk**

**½ cup beef stock**

**Freshly ground black pepper**

**2 tablespoons slivered almonds.**

## **TOMATO GLAZE**

**½ cup beef stock**

**4 tablespoons tomato sauce**

**1 teaspoon instant coffee powder**

**3 tablespoons Worcestershire sauce**

**1 ½ tablespoons vinegar**

**1 ½ tablespoons lemon juice**

**3 tablespoons brown sugar**

**1/4 cup butter**

1. Place beef, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporate milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 11x21cm loaf pan. Pour glaze over meatloaf, sprinkle with almonds and bake, basting often with glaze, for 40 minutes.
2. 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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