



VERTICAL S L O W J U I C E R

Instructions
for use



JS 8010

**VERTICAL
SLOW JUICER**

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Congratulations

on the purchase of your new JS 8010 juicer.

The JS 8010 vertical slow juicer represents the perfect union of simple form, functionality and all-round utility.

You can use it for juicing various fruits and vegetables, including berries, leafy vegetables and green wheat, and use this to prepare combinations of fresh fruit and vegetable juices, or delicious smoothies with the addition of milk and yoghurt. Apart from fruits and vegetables you can place various nuts into the juicer to create homemade nut milks rich in vitamins and minerals. Two types of strainers, fine and coarse, will enable you to make juices with a finer texture and a smaller pulp content, or juices with a thicker consistency, greater pulp content and fuller flavour. For ice cream lovers there is also a homogenisation insert that can be used for quickly and easily making fresh fruit sorbets or ice creams.

The juicer's closable spout makes it possible to allow the ingredients to mix directly in the juicing chamber to perfectly combine your favourite flavours.

During operation, the auto-clean system continuously cleans out the strainer and the sides of the juicing chamber to make subsequent cleaning much easier. Furthermore, all removable parts are suitable for washing in a dishwasher to make the final clean up as simple and comfortable as possible.



YOU SAFETY FIRST AND FOREMOST

Despite this appliance being developed with maximum focus on safe operation, we ask that you be especially careful when using any electrical appliances and heed all safety instructions and measures.

IMPORTANT SAFETY INSTRUCTIONS FOR THE OPERATION OF YOUR JS 8010 JUICER BEFORE FIRST USE, PLEASE READ ALL SAFETY AND OPERATING INSTRUCTIONS. KEEP THIS USER'S MANUAL FOR FUTURE REFERENCE

- This juicer may be used by persons with physical or mental impairments or by inexperienced persons, if they are properly supervised or have been informed about how to use the appliance in a safe manner and understand the potential dangers.
- Children must not use this juicer or play with it. Keep the juicer and its power cord out of their reach.
- This juicer is designed for home use. It is not intended for use in locations such as:
 - staff kitchens in stores, offices and other workplaces;
 - agricultural farms;
 - hotel or motel rooms and other living areas;
 - bed and breakfast establishments.
- Before first use, remove all promotional labels and stickers from the juicer.
- To eliminate the risk of child suffocation, place all plastic bags out of children's reach or dispose of them in a safe manner.
- Use the juicer on an even, clean, dry and stable surface. Do not place it on the edge of a kitchen countertop or table, on a sink drain-

- board, etc. Do not place it on electric or gas stoves or on other appliances that are a source of heat, or in their vicinity.
- Do not use the juicer in motor vehicles, on boats or outdoors or for purposes other than those for which it is intended.
 - Before connecting the juicer to a power socket, make sure the voltage stated on its rating label corresponds to the voltage in your power socket. Connect the power cord only to a properly grounded socket. Unwind the power cord fully before using it.
 - Do not place heavy items on the power cord. Make sure that the power cord does not hang over the edge of a table or that it is not touching a hot surface.
 - In order to ensure increased safety when using electrical appliances, it is recommended to install a residual current device with a leakage current of no more than 30 mA on to the respective electrical circuit. If your home is already fitted with a residual current device, consider this notification to be redundant. Request the further information from your electrician.
 - Make sure that the juicer is correctly assembled before putting it into operation. Use only the manufacturer's original accessories.
 - The juicer is equipped with a safe start mechanism. This means that it cannot be started unless the juicing chamber is properly seated on the motor unit, or unless the lid is secured in the closed position.
 - Prior to juicing, remove from the fruit and vegetables any hard stones that are contained in them, for example, peaches, apricots, mangoes, etc., and inedible peels, e.g. from oranges, pineapples, melons,

mandarins, etc. Seeds from berries and kiwi fruit do not need to be removed.

- Do not place any excessively hard ingredients into the juicer, e.g. sugar cane or ingredients such as peppercorns, coffee beans or hard fruit stones contained in, for example apricots, peaches, mangoes, etc. Otherwise the juicer may be damaged or injury may result.
- The juicer may be used for pressing fresh garlic or cap-sicum, however, it is not intended for grinding dried spices.
- Thanks to the vertical position of the pressing auger

screw, it is practically unnecessary to push the ingredients through the feed tube. The majority of ingredients will be pulled into the juicing mechanism by the pressing auger screw. In the event that it is necessary to push certain ingredients through the feed tube, e.g. apples, always use the included pusher.

- Do not use fingers or other items, e.g. kitchen utensils, etc. to push ingredients into the feed tube.
- In the event that ingredients become jammed inside the juicing mechanism, set the switch to the "REV" (reverse motor direction) position

and hold it in this position for 10 to 15 seconds to release the jammed ingredients. Then set the switch back to the ON position to process the released ingredients.

- The maximum continuous operating time is 30 minutes. Then allow the juicer to cool down for 20 minutes.
- Always turn off the juicer and disconnect it from the power socket when not be using it and when leaving it without supervision, before assembly, disassembly or cleaning.

- Disconnect the juicer from the power socket by pulling on the plug, never pulling on the power cord. Otherwise, this could damage the power cord or the socket.
- Prior to removing components that move during use, check that the juicer is turned off and disconnected from the power socket and wait until the moving components come to a stop.
- Follow the instructions found in chapter Cleaning and maintenance.
- Never wash the motor unit or its power cord under running water or submerge it in water or any other liquid.
- Do not use a juicer with a damaged power cord. In the event that the power cord is damaged, it must be replaced at an authorised service centre or by another similarly qualified person and always using original spare parts.
- In the event that the juicer or its strainer is damaged in any way whatsoever, do not use it. To prevent causing

a dangerous situation, do not repair the juicer yourself. Have all repairs or adjustments performed at an authorised service centre.

WARNING:
INCORRECT USE MAY LEAD TO INJURIES.

ACQUAINT YOURSELF WITH THE JS 8010 JUICER





Pressing auger screw from Ultem® PEI material



- ① **Fine strainer from Ultem® PEI material**
- ② **Coarse strainer from Ultem® PEI material**
- ③ **Homogenisation insert from Ultem® PEI material**



Holder with scraper

rotates during operation and thereby automatically cleans the juicing chamber and strainer, and mixes the ingredients inside the juicing chamber.



Filtration strainer



Juice jug and container for separated pulp with a capacity of 1 litre

These containers are made from Tritan®.



Pusher



Cleaning brush

USED MATERIALS

All parts intended for coming into contact with food are made from non-toxic "BPA-free" materials. This means that they do not contain bisphenol A.

Tritan™

This is a high quality plastic characterised by its long lifetime. It does not absorb any odours or smells. It is resistant against impact and scratching, and is suitable for washing in a dishwasher.

Ultem™ PEI

This is a plastic characterised by its extremely high strength and resistance against the effects of acids naturally found in fruits and vegetables.

ASSEMBLING THE JS 8010 JUICER

HOW TO SELECT THE CORRECT STRAINER TYPE

Strainer type	Purpose of use
Fine strainer	It is used for pressing juice with a smaller pulp fibre content and for making nut and soya milks.
Coarse strainer	It is used for pressing juice with a higher pulp fibre content, for juicing soft types of fruit and vegetables (currants, raspberries, bilberries, tomatoes, etc.) and for making smoothies.
Homogenisation insert	It is used for making fruit ice creams and sorbets. It does not separate juice from pulp.

BEFORE FIRST USE OF THE JS 8010 SLOW JUICER

- Remove all packaging materials, including promotional tags and labels from the juicer and its accessories.
- Thoroughly wash all parts that are intended to come into contact with food using warm water and a neutral kitchen detergent. Then rinse them under clean running water and thoroughly wipe dry with a wiping cloth. All removable parts are suitable for washing in a dishwasher. Place them in the upper rack of the dishwasher.

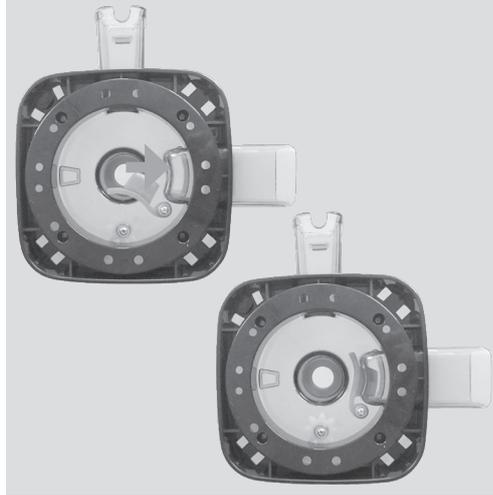
CAUTION:

DO NOT USE STEEL WOOL SPONGES, CLEANING PRODUCTS WITH AN ABRASIVE EFFECT, SOLVENTS OR OTHER CHEMICALS, THAT COULD DAMAGE THE SURFACE COAT OF THE WASHABLE PARTS.

DO NOT SUBMERGE THE MOTOR UNIT IN WATER OR RINSE IT UNDER RUNNING WATER.



- Make sure that the juicer is turned off and disconnected from the power socket. Place the motor unit on an even, dry and stable surface, for example on a kitchen countertop.



- Turn the juicing chamber upside down and make sure that the silicone plug on the underside of the juicing chamber is securely pushed into the hole at the separated pulp ejection outlet.



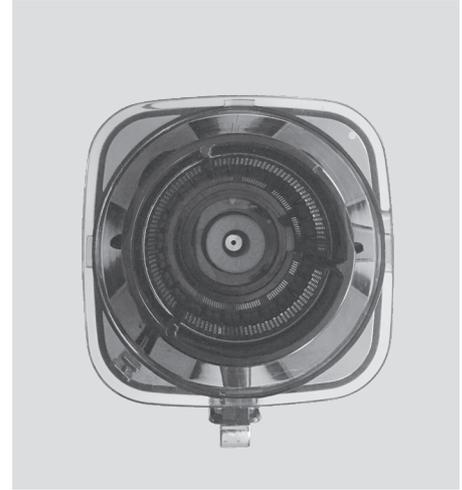
- Turn the chamber back around and attach the plug on to the juice spout.



- Place the juicing chamber on to the motor unit so that the symbol "▼" marked on the chamber is aligned with the same symbol on the motor unit. The safe start function will prevent the motor unit from starting unless the juicing chamber is correctly seated on the motor unit.



- Select the type of strainer you wish to use and insert it into the holder.



- Insert the holder with the strainer into the juicing chamber so that the symbol "●" marked on the strainer is aligned with the symbol on the juicing chamber. Push the strainer down firmly.



- Insert the pressing auger screw into the strainer and push it down properly so that it is seated on the hexagonal motor unit drive shaft.



- As shown in the picture, place the lid on to the juicing chamber and secure it in place by turning it clockwise.
- Place the juice jug underneath the juice spout, and the pulp container underneath the pulp ejection outlet. These two containers are interchangeable. You may use a glass or another suitable container instead of the juice jug.
- The pusher is used for pushing ingredients through the feed tube. However, the majority of ingredients will be automatically pulled into the juicing mechanism by the pressing auger screw. If necessary, use the pusher to push in the ingredients.



- Your juicer is now assembled and ready for use.
- The juicer is equipped with a safe start mechanism. This means that it cannot be started unless the juicing chamber is properly seated on the motor unit, or unless the lid is secured in the closed position.

OVERVIEW OF INGREDIENTS AND THEIR PREPARATION

Fruit and vegetables	Preparation
Peaches, apricots, nectarines, mangoes, cherries, plums, etc.	Contain hard stones that need to be removed before juicing. From certain types of fruit, it is necessary to also remove inedible peels, e.g. from mango. Wash them under lukewarm running water and cut into pieces that will pass through the feed tube.
Apples, pears, etc.	Wash them under lukewarm running water and cut into pieces that will pass through the feed tube. May be juiced together with their peels and kernels. However, apple and pear kernels contain toxic amygdalin, so we recommend that they are removed, especially when you wish to consume a large amount of juice from these fruits.
Oranges, mandarins, grapefruits, lemons, etc.	Wash them. Peel them and cut them up into pieces that will pass through the feed tube.
Grapes, gooseberries, raspberries, blackberries, bilberries, kiwi fruit, cucumbers, pomegranate, tomatoes, etc.	Wash the fruits and vegetables using lukewarm water. Stems need to be removed from grapes. Cut up larger size fruits and vegetables. The peel from pomegranates needs to be removed. Only pomegranate kernels are used for juicing.
Pineapples, water melons, musk melons	Wash the fruits under running lukewarm water and peel them. Remove musk melon seeds. Cut them up into pieces that will pass through the feed tube.
Carrots, celery, beetroot, celeriac, etc.	Thoroughly wash the ingredients under lukewarm running water, remove the tops and cut them up into pieces that will pass through the feed tube.
Leafy vegetables, herbs and young wheat (green shoots), etc.	Wash the leafy vegetables and herbs under lukewarm running water. Cut leafy vegetables such as, for example celery, spinach, etc. into pieces about 4–5 cm long. Cut herb bunches such as chives, etc. and young wheat into parts about 3 cm long.
Nuts and soya beans	
Almonds, cashews, hazelnuts, walnuts, etc.	Nuts must always have their shells removed. Before making nut or soya milks, it is necessary to soak the nuts or soya beans in water for at least 8 hours.
Other ingredients	
Water, milk, yoghurt, cream, etc.	These ingredients are added together with the fruit and vegetables, nuts or soya beans into the feed tube to prepare various types of drinks, homemade sorbets or ice creams.

Operation

OPERATING THE JS 8010 JUICER

- Prepare the ingredients for juicing according to the instructions provided above.
- Make sure that the correct strainer type is inserted in the juicer and that it is correctly assembled and that the switch is set to the OFF position (turned off). Insert the power plug into a power socket.
- Turn on the juicer by setting the switch to the ON position. Gradually place the prepared ingredients into the feed tube. If they are not pulled in by the screw auger into the juicing mechanism, use the pusher to push them through the feed tube. You will achieve maximum juice extraction yield by inserting the ingredients gradually and pushing them down gently with low pressure. The juicing process takes place in two stages, first the ingredients are pulverised by the screw auger and then they are pressed through a strainer. The process cannot be sped up by pushing ingredients through quickly.
- The separated pulp is released into a container that is ready underneath the pulp ejection outlet and the pressed juice flows into the juice jug or a glass that is ready underneath the juice spout. If one of the containers fills up during the juicing process, close the juice spout and turn off the juicer by setting the switch to the OFF position. Empty out the given container and put it back in its place. Then you can continue juicing.
- When preparing sorbets and ice cream using the homogenisation insert, the resulting mixture is ejected only through the pulp ejection outlet.
- The juicer has a closable juice spout. When juicing one type of ingredient, we recommend leaving the juice spout open during the juicing process to enable the juice to freely flow into the juice jug or glass located underneath the juice spout.

ATTENTION:
DO NOT USE FINGERS OR OTHER UTENSILS TO PUSH INGREDIENTS THROUGH THE FEED TUBE. ALWAYS USE THE PUSHER DESIGNED FOR THIS PURPOSE.
THE MAXIMUM CONTINUOUS OPERATING TIME IS 30 MINUTES. THEN ALLOW THE JUICER TO COOL DOWN FOR 20 MINUTES.



- When juicing various types of ingredients at the same time, or preparing a smoothie, nut or

soya milks, or juice cocktails with the addition of yoghurt or milk, the closable juice spout enables the ingredients inside the juicing chamber to be thoroughly blended together. Then simply open the plug and release the perfectly blended drink into the juice jug or a glass located under the juice spout. The volume of ingredients inside the juicing chamber must not exceed the MAX mark (500 ml) that is designated on the juicing chamber. Therefore, regularly check the volume of ingredients inside the juicing chamber.



- In the event that the juicing mechanism jams during operation, set the switch to the "REV" (reverse motor direction) position. Hold it in this position for 10 to 15 seconds to release the jammed ingredients. Then release it. The switch will return to the OFF position. Start the juicer again to process the released ingredients. You may repeat this procedure several times.

- To make subsequent cleaning as simple as possible, the juicer is equipped with an auto-clean system that automatically cleans the strainer and the chamber during the juicing process. If you wish to juice various types of ingredients one after another without blending various flavours together; simply quickly rinse the juicing mechanism under clean water without completely disassembling the juicer, in the following manner: Prior to juicing further ingredients, close the juice spout. Pour 400 ml of clean water through the feed tube into the juicing chamber. Allow the juicer to run for 15 to 20 seconds and then release the water into a container located underneath the juice spout. You may repeat this procedure one more time. Now the juicing mechanism is cleaned and you may commence juicing other ingredients.
- When you have finished using the juicer, we recommend that you set the reverse motor direction for a few seconds and flush out any remaining ingredients from the juicing mechanism according to the procedure described in the preceding paragraph. This will make the subsequent cleaning of disassembled parts easier. Then turn off the juicer by setting the switch to the OFF position and disconnect the plug from the power socket. Before removing the juice jug or glass located underneath the juice spout, close the plug to prevent juice from dripping.
- After every use, disassemble the juicer according to the instructions contained in chapter Disassembling the JS 8010 juicer, and clean it out according to the instructions contained in chapter Cleaning and maintenance.

DISASSEMBLING THE JS 8010 JUICER

- Before disassembling, make sure that the juicer is turned off, disconnected from the power socket and that all the parts rotating during operation have stopped.
- Remove the juice jug and the separated pulp. Turn the lid anticlockwise and remove it from the juicing chamber.
- Lift the juicing chamber with the holder, strainer and screw auger shaft located inside out of the motor unit.
- Over a sink, take the screw shaft, holder with scraper, and the strainer out of the juice collector.

Cleaning

CARE AND CLEANING

- Clean out the juicer after every use. Before cleaning it, make sure that the juicer is turned off, disconnected from the power socket and properly disassembled into its individual parts.
- For easier cleaning, wash all the used removable parts that come into contact with food immediately after use. Dried on juice and pulp residues may clog the holes in the strainer and thereby reduce juicing efficiency.
- Thoroughly wash the removable parts in warm water with neutral dishwashing detergent and then rinse with clean water and dry thoroughly with a wiping cloth. To make the removal of the pulp easier, remove the silicone plug from the hole located underneath the juicing chamber. After cleaning out the pulp outlet, it is important not to forget to close the silicone plug. Thoroughly wash the strainer under running warm water and using a neutral kitchen detergent and a cleaning brush. View it against light to check that the holes in the strainer are clean. If you are unsuccessful in cleaning out the holes, soak the strainer in warm water with the addition of lemon juice and then wash again. Finally, rinse the strainer under running water and thoroughly wipe dry with a fine wiping cloth.
- If the surface of the motor unit is dirty, it can be wiped away using a dampened cloth. Then dry everything thoroughly. Never submerge the motor unit in water or rinse it under running water.
- For cleaning, do not use abrasive cleaning products, thinners, solvents, etc. Otherwise the surface may be damaged.
- When not using the appliance, store it in a dry place out of children's reach. You can store the appliance assembled.

NOTE:

All removable parts are suitable for washing in a dishwasher. Place them in the upper rack of the dishwasher.

TROUBLESHOOTING

Problem	Possible cause and solution
The juicer does not run when started.	<p>Check that it is connected to a working power socket</p> <p>Check that the juicer is correctly assembled.</p>
The juicer stopped during operation.	<p>The juicer may have been clogged by a large amount of ingredients or excessively hard ingredients. To release the ingredients, set the reverse motor direction. Allow the released ingredients to be processed by setting the switch to the ON position again. Add further ingredients into the juicer gradually and push them through gently with mild pressure. The juicer is not suitable for processing excessively hard ingredients, e.g. sugar cane.</p> <p>The juicer has been running for too long. The thermal fuse was activated. Allow the juicer to cool down for 20 minutes.</p>
Juice is leaking out of the bottom of the juicing chamber while juicing.	<p>The silicone plug on the underside of the juicing chamber is not securely closed.</p> <p>Turn off the juicer, disconnect it from the power socket and disassemble it. Close the plug located on the underside of the juicing chamber.</p>
The juicer is vibrating slightly during operation.	<p>Slight vibrations are caused by the effect of juicing hard ingredients.</p>
A noise can be heard during operation.	<p>Make sure that the juicer is located on an even, dry and stable surface.</p> <p>When juicing hard ingredients the noise made is louder than when juicing soft ingredients.</p> <p>Make sure that the juicer is not clogged with an excessive amount of ingredients.</p>
The lid with the hopper cannot be removed after you have finished using the juicer.	<p>This may be caused by large amounts of pulp residues inside the juicing mechanism or the ingredients may have jammed inside. Do not attempt to disassemble it by force!</p> <p>Run the juicer for several seconds to remove the pulp remains from the juicing mechanism.</p> <p>Run the juicer in reverse motor direction for several seconds to release any jammed ingredients and to return them to the feed tube. Then start normal operation to process the released ingredients.</p>

USEFUL TIPS AND ADVICE

ALL-ROUND USE

- You can use the slow juicer to prepare refreshing combinations of fresh fruit and vegetable juices, delicious smoothie drinks with the addition of milk or yoghurt, homemade nut milks rich in vitamins and minerals, or refreshing homemade sorbets or ice creams, which will without a doubt be enjoyed by your children also. It's all up to you, which combination you will choose and what your drinks, sorbets or ice creams will contain.

FRESH JUICES AND THEIR NUTRITIONAL IMPORTANCE

- 95 % of the nutrients contained in fresh fruit and vegetables is contained in the juice. Freshly pressed juice from fruit and vegetables is an integral part of a healthy and balanced diet. It represents an important source of vitamins and minerals. The juice extracted using the slow juicing process contains only a minor amount of fibre, oxidises slower and retains valuable vitamins and enzymes. Fresh juice will provide your body with energy and vitamins much faster because nutrients in this form are absorbed by the cardiovascular system faster than from whole fruits and vegetables. To prevent losing valuable vitamins, consume the fresh juice immediately.

PURCHASING AND STORING FRUIT AND VEGETABLES

- Buy fruit and vegetables when they are in season.
- For juicing, always choose fresh, well ripened fruit and vegetables. The juice extraction yield from over-ripened or unripe fruit and vegetables, withered leafy vegetables or floury apples will not be satisfactory and, furthermore, the resulting taste of the beverage may be negatively affected. Always carefully check the quality of the individual fruit and vegetables when purchasing them in a store. Visually inspect their appearance and smell for aroma.
- The majority of fruit and harder types of vegetables can be stored at room temperature. Foods that spoil faster, such as berries, leafy vegetables or herbs may be stored in the refrigerator until the time of their use.

CORRECT JUICING TECHNIQUE

- You will achieve the maximum juice extraction yield when the ingredients are inserted gradually. Certain ingredients such as for example apples which have a slippery peel may require the use of the pusher. Push the ingredients through the feed tube gently with mild pressure. The juicing process takes place in two stages, first the ingredients are pulverised by the screw auger and then they are pressed through a strainer. In this phase, the juice is pressed out and pulp is separated. The process cannot be sped up by pushing ingredients through quickly, actually you may clog up the juicer with large amounts of ingredients.
- To make juice with a lower pulp content, use the fine strainer.
- To make juice with a higher pulp fibre content and for juicing softer types of fruit and vegetables, such as for example currants, raspberries, bilberries, tomatoes, etc., use the coarse strainer.
- Bananas are not particularly suitable for juicing because they have a very low juice content. They may, however, be used when preparing smoothies and are an outstanding base ingredient when making fruit ice creams or sorbets using the homogenisation insert.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of used packaging material at a site designated for waste in your municipality.

DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT



This symbol on products or original documents means that used electric or electronic products must not be added to ordinary municipal waste. For proper disposal, renewal and recycling hand over these appliances to determined collection points. Alternatively, in some European Union states or other European countries you may return your appliances to the local retailer when buying an equivalent new appliance.

Correct disposal of this product helps save valuable natural resources and prevents potential negative effects on the environment and human health, which could result from improper waste disposal. Ask your local authorities or collection facility for more details. In accordance with national regulations penalties may be imposed for the incorrect disposal of this type of waste.

For business entities in European Union states

If you want to dispose of electric or electronic appliances, ask your retailer or supplier for the necessary information.

Disposal in other countries outside the European Union.

This symbol is valid in the European Union. If you wish to dispose of this product, request the necessary information about the correct disposal method from the local council or from your retailer.

The declared noise emission level of the appliance is 60 dB(A), which represents a level A of acoustic power with respect to a reference acoustic power of 1 pW.



This appliance meets all the basic requirements of EU directives related to it.

We reserve the right to change text and technical specifications.

Address of the manufacturer: FAST ČR, a.s., Černokostecká 1621, Říčany CZ-251 01.

Recipes

RECIPE BROCHURE CONTENTS

R3	Fruit and vegetable juices
R5	Smoothie drinks
R6	Fruit sorbets and ice creams
R7	Nut and soya milks

FRUIT AND VEGETABLE JUICES

JUICE FROM MELONS, MINT AND MANGO

1 musk melon
1 mango
2 sprigs of mint

Thoroughly wash all the ingredients, peel the melon and mango, remove the stones and cut into pieces. Use the fine strainer and leave the juice spout closed to achieve perfect blending of the pressed juice inside of the juicing chamber. Place the ingredients alternately into the feed tube. You may put the mint in together with the other ingredients. After filling up the juicing chamber, drain the juice into the juice jug or a glass located under the juice spout. Serve immediately.

DRINK FROM YOUNG WHEAT

100 g of young wheat

Cut young wheat bunches into 3 cm long parts. Use the fine strainer and gradually insert the wheat into the juicer. Serve immediately. Freshly pressed juice from young wheat is a good source of enzymes and minerals, supports immunity, acts positively on the digestive tract and is a good supplement for treating high blood pressure and cholesterol.

JUICE FROM POMEGRANATE, GRAPEFRUIT AND PEARS

1 pomegranate
2 pears
1 grapefruit

Thoroughly wash all the ingredients. Cut the pomegranate in half and use a spoon to remove the seeds for juicing. Peel the grapefruit and cut into pieces. Remove the stems from the pears, remove kernels and cut into pieces. Use the fine strainer and leave the juice spout closed to achieve perfect blending of the pressed juice inside of the juicing chamber. Place the ingredients alternately into the feed tube. After filling up the juicing chamber, drain the juice into the juice jug or a glass located under the juice spout. Serve immediately.

REFRESHING DRINK FROM PINEAPPLE AND MELON

1 musk melon
½ medium-sized pineapple
2 glasses with crushed ice

Thoroughly wash all the ingredients. Remove the top and bottom of the pineapple, cut off the peel, remove the hard centre and cut into pieces. Cut the melon in half, remove the seeds and peel, and cut into pieces. Use the fine strainer and leave the juice spout closed to achieve perfect blending of the pressed juice inside of the juicing chamber. Place the ingredients alternately into the feed tube. After filling up the juicing chamber, drain the juice into the juice jug located under the juice spout. Prepare the glasses with crushed ice and pour the freshly pressed juice into them. Serve immediately.

JUICE FROM BEETROOT, APPLES AND CELERY

2 smaller beetroots
2 medium-sized apples
2 sprigs of celery

Thoroughly wash all the ingredients. Cut the beetroot into pieces. Cut up the apples and remove kernels. Cut the celery sprigs into 3 to 5 cm long parts. Use the fine strainer and leave the juice spout closed to achieve perfect blending of the pressed juice inside of the juicing chamber. Place the ingredients alternately into the feed tube. After filling up the juicing chamber, drain the juice into the juice jug or a glass located under the juice spout. Serve immediately.

JUICE FROM BEETROOT, APPLES AND SPINACH

1 medium-sized beetroot
2 carrots
2 medium-sized apples
handful of young spinach leaves

Thoroughly wash all the ingredients. Cut the beetroot into pieces. Remove the tops of the carrot and cut it up. Cut up the apples and remove kernels. Cut the spinach leaves into 4 to 5 cm long pieces. Use the fine strainer and leave the juice spout closed to achieve perfect blending of the pressed juice inside of the juicing chamber. Place the ingredients alternately into the feed tube. After filling up the juicing chamber, drain the juice into the juice jug or a glass located under the juice spout. Serve immediately.

JUICE FROM TOMATOES, CARROT, CELERY AND LIME

2 medium-sized tomatoes
1 medium-sized carrot
2 sprigs of celery
1 lime

Thoroughly wash all the ingredients. Remove the stems from the tomatoes and cut them up. Remove the tops of the carrot and cut lengthwise into several pieces, then cut them in half crosswise. Cut up the apples and remove kernels. Remove the peel of the lime and cut it up. Cut the celery sprigs into 3 to 5 cm long parts. Use the fine strainer and leave the juice spout closed to achieve perfect blending of the pressed juice inside of the juicing chamber. Place the ingredients alternately into the feed tube. After filling up the juicing chamber, drain the juice into the juice jug or a glass located under the juice spout. Serve immediately.

SMOOTHIE DRINKS

SMOOTHIE FROM STRAWBERRIES, RASPBERRIES, BILBERIES AND MILK

100 g of strawberries
100 g of raspberries
100 g of bilberries
150 ml of chilled milk
fresh mint leaves for garnish

Thoroughly wash all the ingredients. Remove the stems from the strawberries. Cut up larger size fruits. Use the rough strainer and leave the juice spout closed to achieve perfect blending of the ingredients inside of the juicing chamber. Place the ingredients alternately into the feed tube. Pour the milk into the feed tube using a ladle. After filling up the juicing chamber, drain the drink into the juice jug or a glass located under the juice spout. Use mint leaves for garnishing. Serve immediately.

SMOOTHIE FROM BANANAS, STRAWBERRIES, KIWI FRUIT AND YOGHURT

1 ripe banana
100 g of strawberries
3 ripe kiwi fruit
½ a lime
2 tablespoons of maple syrup
100 g of chilled white yoghurt

Thoroughly wash all the ingredients, peel the banana. Remove the stems from the strawberries. and cut off the top and bottom of the kiwi fruit. Cut up all the ingredients. Use the rough strainer and leave the juice spout closed to achieve perfect blending of the ingredients inside of the juicing chamber. Place the ingredients alternately into the feed tube. Use a ladle to add the yoghurt with the maple syrup into the feed tube. After filling up the juicing chamber, drain the juice into the juice jug or a glass located under the juice spout. Serve immediately.

SMOOTHIE FROM STRAWBERRIES, BLACKBERRIES, BILBERIES AND YOGHURT

100 g of strawberries
100 g of blackberries
100 g of bilberries
150 g of chilled white yoghurt

Thoroughly wash all the ingredients. Remove the stems from the strawberries and cut into pieces. Use the rough strainer and leave the juice spout closed to achieve perfect blending of the ingredients inside of the juicing chamber. Place the ingredients alternately into the feed tube. Use a ladle to add the yoghurt into the feed tube. After filling up the juicing chamber, drain the juice into the juice jug or a glass located under the juice spout. Serve immediately.

FRUIT SORBETS AND ICE CREAMS

BANANA-STRAWBERRY SORBET

3 ripe bananas
3 ripe strawberries
fresh fruits of the forest and mint leaves for garnish

Peel the banana and cut it up into circles. Wash the strawberries, remove their stems and cut them into pieces. Spread the banana and strawberries on to a container lined with parchment paper and place in the freezer for 4 to 5 hours. Using the homogenisation insert, process the banana slices and strawberry pieces in the juicer. You may leave the juice spout closed. The freshly made sorbet will be pushed out through the pulp ejection outlet. If the mixture is not sufficiently homogeneous, allow it to go through the juicer again. Serve the created sorbet in small bowls and garnish with fresh fruits of the forest and mint leaves.

SORBET FROM BANANAS AND MANGO

3 ripe bananas
½ a ripe mango
fresh fruits of the forest and mint leaves for garnish

Peel the banana and cut it up into circles. Wash the mango, remove its peel and stone, and cut it into slices. Spread the banana and mango on to a container lined with parchment paper and place in the freezer for 4 to 5 hours. Using the homogenisation insert, process the banana and mango

slices in the juicer. You may leave the juice spout closed. The freshly made sorbet will be pushed out through the pulp ejection outlet. If the mixture is not sufficiently homogeneous, allow it to go through the juicer again. Serve the created sorbet in small bowls and garnish with fresh fruits of the forest and mint leaves.

SORBET FROM BANANAS AND KIWI FRUIT

3 ripe bananas
2 ripe kiwi fruit
fresh fruits of the forest and mint leaves for garnish

Peel the banana and cut it up into circles. Wash the kiwi fruit, peel it and cut into pieces. Spread the banana and kiwi fruit on to a container lined with parchment paper and place in the freezer for 4 to 5 hours. Using the homogenisation insert, process the banana and kiwi fruit slices in the juicer. You may leave the juice spout closed. The freshly made sorbet will be pushed out through the pulp ejection outlet. If the mixture is not sufficiently homogeneous, allow it to go through the juicer again. Serve the created sorbet in small bowls and garnish with fresh fruits of the forest and mint leaves.

HOMEMADE STRAWBERRY ICE CREAM

250 g of strawberries
100 g of cream
2 tablespoons of white yoghurt
50 g of sugar (maple syrup can be used instead of sugar)
2 tablespoons of lemon juice

Wash the strawberries, remove the stems and cut into pieces. Spread them out on a container lined with parchment paper and place in the freezer for approximately 5 hours. Mix the remaining ingredients together and place them in the freezer for the same period of time. When removed from the freezer, the mixture must be sufficiently firm. Using the homogenisation insert, process the strawberries and the mixture. Alternately add the strawberries and the mixture. You may leave the juice spout closed. The freshly made ice cream will be pushed out through the pulp ejection outlet. If the mixture is not sufficiently homogeneous, allow it to go through the juicer again. Serve the ice cream in small bowls.

You can prepare various types of fruit sorbets and ice creams in the same way.

Nut and soya milks

ALMOND MILK

100 g of sweet almonds (unpeeled, shells removed)
200 ml of water

Soak the almonds in water for approximately 12 hours. The longer that they soak, the smoother will be the milk. When soaking the almonds for extended periods, it is good to rinse them every few hours to prevent the liquid from fermenting. The soaking time should not exceed 24 hours. Strain the water and add 200 ml of fresh cold water to the swollen almonds. Start the juicer with a fine strainer, and use a ladle to pour the water with the almonds into the feed tube. If you strain the almond milk through a textile bag intended for plant milk production, you will achieve an even finer consistency. Almond milk is a good source of vitamins, trace elements, calcium and other minerals, and is therefore an excellent alternative to dairy milk. The milk can be flavoured, for example with maple syrup.

Consume the freshly-made milk immediately, though no later than within 24 hours. Its nutritional value declines with storage. If you do not consume it immediately, place it in the fridge in a closed glass container.

The separated crushed material can be used for preparing desserts, biscuits, cakes, etc.

Prepare other types of nut milks in the same way.

SOYA MILK

100 g of soya beans
1000 ml of water

Soak the soya beans in water for approximately 8 to 10 hours. Strain the water and add 1000 ml of fresh cold water to the swollen soya beans. Start the juicer with a fine strainer, and use a ladle to pour the water with the soya beans into the feed tube. Strain the soya milk into a larger pot through a textile bag intended for plant milk production. Bring the milk to a boil. Then allow it to simmer for approximately 20 to 30 minutes at low heat, so that foam is not created. Once it has cooled down, the milk may be consumed. Place unconsumed milk enclosed in a glass container into a refrigerator for up to 24 hours.

Soya milk does not contain lactose or cholesterol, it contains fibre including soluble prebiotic oligosaccharides, which support the growth of probiotics.

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