

**Catler®**

# JUICE EXTRACTOR

**400 SERIES**  
CLASS GRADE TOOLS

Instructions  
for use



**JE 4011**

# JUICE EXTRACTOR

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# Congratulations

on the purchase of your new JE 4011 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 4011 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 Juice Extractor for the first time.
- Do not place the 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 Juice Extractor on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the Juice Extractor is properly assembled before use. The appliance will not operate unless properly assembled. Refer to assembly and operation (pages 9 - 13).
- Do not leave the Juice Extractor unattended when in use.
- Always ensure the 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 Juice Extractor is not in use, and before disassembling, cleaning and storing.
- Do not operate the Juice Extractor 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 Speed Selector Table on page 14 to determine the correct speed for the fruits and vegetables selected for juicing.
- **ALWAYS USE THE SPEED 1 WHEN USING THE PUREE DISK AND PUREE INSERT.** Remove seeds core and skin from fruit before processing (seeds of passionfruit, berries and kiwi fruit are acceptable).
- 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 Juice Extractor for anything other than food and/or beverage preparation.
- Keep the appliance clean. Refer to Care and cleaning, page 18.
- Before setting aside, cleaning, moving, disassembling, assembling or storage, always turn the juicer off, switch the appliance off at the power outlet and unplug the cord.
- Do not use appliance if the rotating sieve (filter basket) is damaged.
- Do not touch the small sharp teeth and blades in the centre of the Juice disc.
- Do not touch the blade in the Feed Chute.
- Do not run ice or hard fruit/vegetables such as raw beetroot and carrots through the Juicer when using the Puree extractor.



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

## **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.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Catler Service Centre for examination and/or repair.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- 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 30 mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Strictly follow cleaning and care instructions.



**WARNING: ALWAYS MAKE SURE JUICER COVER IS CLAMPED SECURELY IN PLACE BEFORE MOTOR IS TURNED ON. DO NOT UNFASTEN INTERLOCK ARM WHILE JUICER IS IN OPERATION.**

## KNOW YOUR JE 4011 JUICE EXTRACTOR

### Unique Direct Central Feed System

ensures maximum juice extraction.

### Extra wide feed chute

Fits whole apples, carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables fast and easy.

### Juicer cover

(top shelf dishwasher safe)

### 3 litre pulp container

(top shelf dishwasher safe)

### Stylish stainless steel design

### On / Off switch

### LCD speed indicator

with juicing speed guide

### Electronic variable speed control dial

### Cord storage

cord wraps into position under base and clips into place

### Heavy duty motor

with five year motor warranty

**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)



**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)

# Puree extractor (for soft fruits and vegetables)



**Puree Insert**

for processing softer fruits such as bananas, mangoes and strawberries. Integrated handle for left and right handed use.



**Puree disc**

for processing softer fruits such as bananas, mangoes and strawberries.



**Juice Disc**

Allows you to extract only the juice from fruit and vegetables.



**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.



**Built in froth separator**

Ensures juice froth is separated from juice when poured into a glass (if preferred).

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*To retain froth in the juice jug simply remove the lid before pouring the juice.*

**NOTE**



## ASSEMBLING YOUR JE 4011 JUICE EXTRACTOR

### BEFORE FIRST USE

Before using your JE 4011 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, juice disc, juicer cover, Puree disc, Puree insert, 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.

### FOR USE WITH JUICE EXTRACTOR

#### 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 juice disc with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the juice disc 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 juice disc 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.*

### NOTE

### Step 8

Place the juice jug provided under the spout on the right-hand side of the JE 4011 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.

## FOR USE WITH PUREE EXTRACTOR

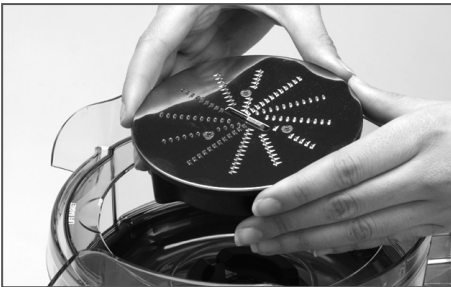
### Step 1

Place the Filter Bowl Surround on the top of the Motor Base.



### Step 2

Place the Puree disc into the Filter Bowl Surround and onto the Motor Drive Coupling. Push down until it clicks into place. Ensure the Puree disc is fitted securely inside the Filter Bowl Surround and onto the Motor Base.



### Step 3

Place the Puree Insert into the Filter Bowl Surround, making sure the warning label on the handle is facing upwards.



### Step 4

Place the Juicer Cover over the Puree Insert and Filter Bowl Surround and lower into position.



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*Never use Puree disc without Puree insert. They must always be used together.*

## NOTE

### Step 5

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 6

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.



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*There is no need to use pulp container when using Puree Extractor.*

**NOTE**

### Step 7

Place the juice jug provided under the spout on the right-hand side of the JE 4011 Juice Extractor. The juice jug lid can be used to avoid any splatter.

## OPERATING YOUR JE 4011 JUICE EXTRACTOR

### PREPARATION OF FRUIT AND VEGETABLES FOR PUREE EXTRACTOR

- Only soft fruits should be used with the Puree Extractor.
- When using fruits with hard inedible skins, such as mangoes, pineapple or kiwi fruit, always peel before juicing.
- When using fruits with a hard core such as pineapple, always remove this before juicing.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes and apricots must be pitted or deseeded before juicing.
- Passionfruit pulp, peeled kiwi fruit and berries can be processed without removing seeds.

*When using the Puree Extractor, use low speeds (speed 1 or 2). Always ensure motor is running before adding fruit and/or vegetables to feed tube.*

#### NOTE

PUREE EXTRACTOR	SPEED
Apricots (stone removed)	1
Bananas (peeled)	1
Kiwi fruit (peeled)	1
Mangoes (peeled, stone removed)	1
Melons (peeled)	1
Pears soft (stalk and core removed)	1
Pineapple (peeled and cored)	1
Raspberries	1
Strawberries (stalks removed)	1
Tomatoes (cored and quartered)	1
Watermelon (peeled, seeds removed)	1
Use speed 2 to push out any remaining fruit pulp in juice collector	2

### WITH JUICE EXTRACTOR OR PUREE 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

Based on the type of fruit or vegetable you are juicing/ pureeing select either the Juice Extractor or the Puree Extractor.

#### Step 3

Ensure the JE 4011 Juice Extractor is correctly assembled. Refer to Assembling your JE 4011 Juice Extractor (pages 9 - 12). Ensure the juice jug (or a glass) is placed under the spout and the pulp container is in position before commencing juicing.

#### Step 4

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



**WARNING: DO NOT PUT HARD FRUIT AND VEGETABLES (I.E. CARROTS, APPLES, FRESH BEETROOT, ETC.) OR ICE THROUGH JUICER WHEN USING PUREE EXTRACTOR. THIS COULD DAMAGE PARTS OF THE UNIT.**

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.

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	1

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

#### NOTE

### Step 5

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.

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*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 6

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.

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*The JE 4011 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 Juice Fountain Plus by pressing the 'On/Off' switch on the control panel to 'Off', switch off at power outlet and remove power cord from power outlet, then clear the feed chute, finally plug power cord back into power point and switch on at power outlet. Turn the appliance back on by pressing the 'On/Off' switch to 'On'.*

#### NOTE

### Step 7 - Using the Juice Extractor

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 4011 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 overflow 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 R8 - R9), or as compost for the garden or discarded.*

*To include the froth in with your juice, simply remove the lid of the juice jug when pouring juice into the glass.*

#### NOTE

### Step 8 - Using the Puree Extractor

When using the Puree Extractor Puree will flow into the juice jug. There will be no pulp extracted into Pulp Container.

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*Some fruit Puree may be left in the juice collector. This is normal. The amount left over will vary depending on ripeness and hardness of fruit.*

#### NOTE



**WARNING: 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 4011 JUICE EXTRACTOR

### JUICE EXTRACTOR

#### Step 1

Ensure the JE 4011 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 4011 Juice Extractor.



#### Step 5

Remove the filter bowl surround with the juice disc still in place.



#### Step 6

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



**WARNING: THE JUICE DISC CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES. AVOID TOUCHING BLADES WHEN HANDLING THE FILTER BASKET.**



## PUREE EXTRACTOR

### Step 1

Switch the on/off button on the control panel of the JE 4011 Juice Extractor to turn off. Then switch the appliance OFF at the power outlet and unplug the cord.



### Step 2

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.

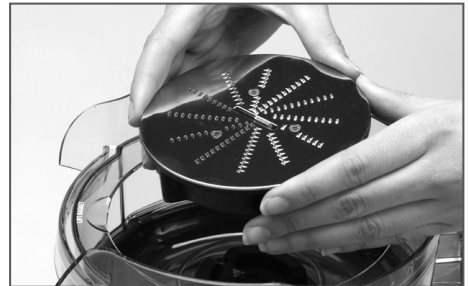


### Step 3

Lift the Puree insert from the Filter Bowl surround.

### Step 4

Lift the Puree disc out of the Filter Bowl Surround. (Be careful not to touch the sharp cutting teeth).



**CAUTION: ULTRA SHARP STAINLESS STEEL CUTTING DISC AND TEETH.**



**WARNING: THE PUREE CUTTING DISC HAS SUPER SHARP BLADES AND TEETH. DO NOT TOUCH TEETH AND BLADE WHEN HANDLING THE PUREE DISC.**

## CARE AND CLEANING

Ensure the JE 4011 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 4011 Juice Extractor is correctly disassembled. Refer to Disassembling your JE 4011 Juice Extractor (16 - 17).

### 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 recipes section R8 - R9) or as compost for the garden or discarded.*

### 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, Puree insert, 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). The Puree insert is not dishwasher safe. Please wash in warm water.*

### NOTE

#### Cleaning the juice disc

For consistent juicing results always ensure that the juice disc is thoroughly cleaned using the supplied cleaning brush.

1. Soak the juice disc 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 juice disc 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 juice disc. After cleaning the juice disc, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the juice disc in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the juice disc in the dishwasher.



*The juice disc is dishwasher safe (top shelf only).*

### NOTE

- Do not soak the juice disc in bleach or other abrasive cleansers.
- Always treat the juice disc 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 JUICE DISC AND FEED CHUTE CONTAINS SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE JUICE DISC 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 10 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 10 step 6). Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the juice disc and the juicer cover.
2. The JE 4011 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 4011 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 Speed Selector Table on page 14 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 juice disc and thoroughly clean mesh walls with a cleaning brush. Rinse the juice disc 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 10, step 6).

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

Use juice jug and lid provided, or if juicing into a glass use the custom designed juice nozzle. Try using fruits with more water content to help flush through the contents. Additionally, try a slower juicing action by feeding one piece in at a time and by pushing the food pusher down more slowly.

### **When using the Puree Extractor, the filter bowl surround becomes full and clogs its spout.**

Try using fruits with more water content to help flush through the contents. Additionally, try a slower juicing action by feeding one piece in at a time and by pushing the food pusher down more slowly.

## 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 23 - 24).
- 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 for Juicer attachment

- 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 un-peeled 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 4011 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 4011 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

### Preparation of fruit and vegetables for Puree extractor

- Only soft fruits should be used with the Puree Extractor.
- When using fruits with hard inedible skins, such as mangoes, pineapple or kiwi fruit, always peel before juicing.

- When using fruits with a hard core such as pineapple, always remove this before juicing.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes and apricots must be pitted or deseeded before juicing.
- Passionfruit pulp, peeled kiwi fruit and berries can be processed without removing seeds.

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*When using the Puree Extractor, use lower speeds (speed 1 or 2). Always ensure motor is running before adding fruit and/or vegetables to feed tube.*

#### NOTE

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.

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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 then 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.

### 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.

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*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.*

#### 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, Vitamin C	200g Apple = 300Kj (72 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre, Potassium	30g Apricot = 84Kj (20 cal)
Banana	Spring	Cool, dry place	Dietary Fibre, Potassium, Vitamin C, B6	250g Bananas = 836Kj
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source of Folate, Dietary Fibre, Vitamin C, Potassium	160g Beetroot = 188Kj (45 cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125g Blueberries = 293Kj (70 cal)
Broccoli	Autumn Winter	Plastic bag in refrigerator	Vitamin C, B2, B5, B6, E, Folate, Dietary Fibre	100g Broccoli = 196Kj (23 cal)
Brussel Sprouts	Autumn Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate, Dietary Fibre	100g Brussel Sprouts = 109Kj (26 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, B6, Folate, Potassium Dietary Fibre	100g Cabbage = 109Kj (26 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6, Dietary Fibre	120g Carrots = 125Kj (30 cal)
Cauliflower	Autumn Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6, K, Folate, Potassium	100g Cauliflower = 55Kj (13 cal)
Celery	Autumn Winter	Refrigerate in plastic bag	Vitamin C, Potassium	80g stick = 29Kj (7 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber = 121Kj (29 cal)
Fennel	Winter Spring	Crisper in refrigerator	Vitamin C, Dietary Fibre	300g Fennel = 146Kj (35 cal)
Grapes (seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6, Potassium	125g Grapes = 355Kj (85 cal)
Kiwi Fruit	Winter Spring	Crisper in refrigerator	Vitamin C, Potassium	100g Kiwi Fruit = 167Kj (40 cal)

Fruit and vegetables	Best season to buy	Storage	Nutritional value	Kilojoule / Calorie count
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6, Potassium	240g Mango = 426Kj (102 cal)
Melons (including Watermelon)	Summer Autumn	Crisper in refrigerator	Vitamin C, A, Folate, Dietary Fibre	200g Melon = 209Kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium, 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	130g Orange = 259Kj (62 cal)
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3, Potassium, Dietary Fibre	150g peach = 205Kj (49 cal)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150g Pear = 350Kj (60 cal)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple = 245Kj (59 cal)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70g Plums = 110Kj (26 cal)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium, Magnesium	125g Raspberries = 130Kj (31 cal)
Strawberries	Spring	Cover in the refrigerator	Vitamin C, Folate, Calcium, Potassium, Phosphorus	144g Strawberries = 65Kj (46 cal)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C, E, A, Dietary Fibre, Folate	100g Tomatoes = 92Kj (22 cal)

*Your JE 4011 Juice Extractor makes invigorating frothy orange juice. Simply peel the oranges and juice (best to refrigerate oranges before juicing).*

#### NOTE





# Recipes

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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 4011 Juice Extractor using speed 5.
2. 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 4011 Juice Extractor using speeds 1, 3 and 5.
2. Serve immediately.

### ORANGE, CARROT AND BEETROOT JUICE

**4 oranges, peeled**

**2 medium carrots**

**3 medium beetroot**

1. Process oranges, carrots and beetroot through JE 4011 Juice Extractor using speeds 3 and 5.
2. 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 4011 Juice Extractor using speeds 2, 3 and 5.
2. Serve immediately.

### STRAWBERRY, APPLE AND PEAR JUICE

**1 cup strawberries, hulled**

**1 small Granny Smith apple**

**3 small ripe pears, stalks removed**

1. Process strawberries, apple and pears through JE 4011 Juice Extractor using speeds 1 and 5.
2. Serve immediately.

### ROCKMELON, MINT AND MANGO JUICE

**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 JE 4011 Juice Extractor using speeds 1 and 2.
2. Serve immediately.

## VITAMIN REPLACES

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

**2 small red capsicums**

**3 medium tomatoes**

**4 sprigs parsley**

**3 carrots**

1. Trim stem from capsicums and remove seeds.
2. Process tomatoes, capsicums, parsley and carrots through JE 4011 Juice Extractor using speeds 1, 4 and 5.
3. 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 4011 Juice Extractor using speeds 1, 3 and 5.
2. Serve immediately.

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

**4 medium sized beetroot, trimmed**

**2 medium Granny Smith apples**

**4 sticks celery**

1. Process beetroot, apples and celery through JE 4011 Juice Extractor using speed 5.
2. 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 4011 Juice Extractor using speeds 4 and 5.
2. Serve immediately.

### **FROTHY ORANGE JUICE**

Refrigerate oranges before juicing

**1kg oranges, peeled**

1. Process oranges through JE 4011 Juice Extractor using speed 3.
2. Serve immediately.

## 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 × 425g canned baked beans**  
**1 packet 2 Minute Noodles**  
**Freshly ground black pepper**

1. Process tomato, capsicum, onion and carrots through JE 4011 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 4011 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.

### MANGO, ROCKMELON AND ORANGE YOGHURT 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 JE 4011 Juice Extractor using speeds 1, 2 and 3.
2. Pour into a large bowl. Whisk in yoghurt.
3. Pour into glasses and 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 4011 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.
5. 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 4011 Juice Extractor using speed 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.
3. Serve immediately.

### TROPICAL BLEND

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

**3 kiwi fruit, peeled**

**½ small pineapple, peeled and quartered**

**½ cup fresh mint leaves**

**1 cup crushed ice**

1. Process mangoes, kiwi fruit, pineapple and mint through JE 4011 Juice Extractor using speeds 2 and 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.
3. Serve immediately.

### CUCUMBER, PINEAPPLE AND CORIANDER ICY

**2 cucumbers, peeled if desired**

**½ cup fresh coriander leaves**

**½ small pineapple, peeled and quartered**

**1 cup crushed ice**

1. Process cucumbers, coriander and pineapple through JE 4011 Juice Extractor using speeds 4 and 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.
3. Serve immediately.

## SPIRITED JUICES

### COCONUT PINEAPPLE COLADA

**½ 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 4011 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.
4. 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 4011 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.
4. Serve immediately.

### BLOODY MARY

**4 medium tomatoes**  
**2 sticks celery**  
**1 large red capsicum, stem removed and seeded**  
**½ cup Vodka**  
**1 cup crushed ice**

1. Process tomatoes, celery and red capsicum through JE 4011 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.
3. Serve immediately.

### PEACH AND MINT JULEP

**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 JE 4011 Juice Extractor using speed 2.
2. Stir in Crème de Menthe and sugar.
3. Scoop ice into 4 glasses, pour in peach mixture, top with mineral water, mix well to combine.
4. 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 × 60g 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 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.
3. 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
- ½ 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.
3. Serve topped with sour cream.



## **CARROT CAKE**

**1 ¾ cups plain flour**

**2 teaspoons baking powder**

**½ teaspoon ground nutmeg**

**½ teaspoon ground cinnamon**

**½ teaspoon ground cardamom**

**½ cup peanuts, finely chopped**

**½ cup sultanas**

**½ cup brown sugar, firmly packed**

**1 ½ cups carrot pulp**

**2 × 60g eggs, lightly beaten**

**½ cup oil**

**¼ cup sour cream**

1. Grease and line a 25cm × 15cm loaf pan.
2. Sift flour, baking powder, nutmeg, cinnamon and cardamom into a large mixing bowl.
3. Add, peanuts, sultanas, brown sugar and carrot pulp. Stir to combine.
4. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
5. 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.

## **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**

**¼ 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.

## SALSA, FRESH RELISHES, SAUCES, DIPS

### FRESH NECTARINE SALSA

Makes 5½ cups

**500g nectarines, peeled and stones removed**

**½ red capsicum, deseeded and finely chopped**

**½ small red chilli, deseeded and finely chopped**

**3 teaspoons finely chopped fresh ginger**

**2 tablespoons finely chopped fresh coriander leaves**

**1 teaspoon lemon juice**

**1 teaspoon sugar**

**¼ teaspoon ground cumin seed**

**sea salt to taste**

1. Process nectarines through Puree Extractor.
2. Pour nectarine mixture into a bowl, add all remaining ingredients and mix well.
3. Season to taste with salt.
4. Serve with Curry and rice or as an accompaniment to chicken or fish.

### BET AND CHIVE DIP

Makes approx 3 cups

**850g canned baby beets, well drained**

**1/3 cup snipped chives**

**1 clove garlic, crushed**

**2/3 cup mascarpone cheese**

**1 teaspoon lemon juice**

**Sea salt**

**Freshly ground black pepper**

1. Process beets using Puree Extractor.
2. Pour beet mixture into a bowl.
3. Stir through chives, garlic, mascarpone cheese and lemon juice.
4. Season well with salt and pepper.
5. Serve with crackers and fresh vegetable pieces.

### TOMATO, CHILLI AND PANCETTA SAUCE

Serves 4

**125g sliced pancetta, chopped**

**1 kg fresh ripe tomatoes, cored and quartered**

**2 tablespoons olive oil**

**2 medium onions, diced**

**4 cloves garlic, finely chopped**

**½ small green chilli, deseeded and finely chopped**

**2 teaspoons sugar**

**sea salt and freshly ground pepper**

1. Cook pancetta in a heavy based frying pan until well browned and crisp.
2. Drain on absorbent paper and set aside.
3. Process tomatoes through juicer using Puree Extractor.
4. Heat oil in a large saucepan, add onions, garlic and chilli and fry over a low heat for about 10 minutes.
5. Add tomatoes and sugar and bring to the boil.
6. Lower heat and simmer without a lid for about 35 minutes or until sauce is thickened and tomatoes are cooked.
7. Season to taste with salt and pepper.
8. Stir through pancetta and serve over hot cooked pasta.

## SOUPS

### ITALIAN FENNEL AND BEAN SOUP

Serves 6

**2 chorizo sausages, sliced**

**1½ kg fresh ripe tomatoes, cored and quartered**

**¼ cup olive oil**

**2 large onions, diced**

**4 cloves garlic, finely chopped**

**1 small bulb fresh fennel, sliced and chopped**

**2 sticks celery, diced**

**2 large carrots, diced**

**1 tablespoon finely chopped fresh rosemary leaves**

**2 cups vegetable stock**

**1 teaspoon sugar**

**½ cup small pasta**

**400g can borlotti or cannelloni beans, drained and rinsed**

**Salt and pepper**

**½ cup chopped fresh Italian parsley**

1. Cook chorizo in a heavy based frying pan until well browned and crisp.
2. Drain on absorbent paper and set aside.
3. Process tomatoes using Puree Extractor.
4. Heat oil in a large saucepan, add onions and garlic, fry over a low heat for about 10 minutes.
5. Add fennel, celery and carrots and cook for 5 minutes.
6. Add tomatoes, chorizo slices, rosemary, stock and sugar, bring to the boil.
7. Lower heat, simmer covered for 30 minutes.
8. Add pasta, cook for 5 minutes.
9. Stir in drained beans, cook a further 3 to 4 minutes to heat through.
10. Season soup to taste with salt and pepper.
11. Sprinkle soup with chopped parsley. Serve with fresh crusty bread.

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*If soup becomes too thick add a little extra stock.*

**NOTE**

## DESSERTS AND FRUIT SAUCES

### MANGO GELATO

Serves 4 to 6

**400g fresh mango pieces**

**½ cup sugar**

**½ cup cream**

**2 tablespoons fresh lemon juice**

1. Process mango pieces using Puree Extractor.
2. Add sugar, cream and lemon juice to processed mango and mix well.
3. Pour into an ice cream maker and use as directed by manufacturer or pour into a freezer proof container. Cover with a lid. Alternatively, place into freezer until mixture begins to freeze around edges.
4. Remove from freezer and whisk mixture with a fork to break up ice crystals.
5. Cover with lid and return to freezer until frozen

#### TIP:

An ice-cream maker will produce a creamier, smoother gelato.

### TROPICAL ICE POPS

Makes approximately 12 ice pops

**1 punnet strawberries, hulled**

**¼ rockmelon, seeded and chopped**

**2 bananas, peeled**

**½ small pineapple, peeled and cored**

**4 passionfruit**

1. Process strawberries using Puree Extractor and pour into ice block containers.
2. Process rockmelon using Puree extractor and pour into ice block containers over strawberry mixture.
3. Repeat this process with remaining fruit (banana, pineapple and passionfruit) can be processed together.
4. Insert ice-cream sticks into ice blocks and

freeze until firm, at least 6 hours.

### PINEAPPLE, PASSIONFRUIT SHERBET

Serves 6

**1 medium pineapple, peeled**

**8 passionfruit, pulp removed**

**½ cup sugar syrup (see recipe below)**

1. Cut peeled pineapple into quarters. Remove core and discard.
2. Cut pineapple into chunks.
3. Process pineapple and passionfruit pulp through juicer using Puree Extractor.
4. Stir sugar syrup into pineapple mixture.
5. Pour into an ice-cream maker and use as directed by manufacturer or alternatively, pour into a freezer proof container. Cover with a lid. Place into freezer until mixture begins to freeze around edges.
6. Remove from freezer and whisk mixture with a fork to break up ice crystals.
7. Cover with lid and return to freezer until frozen.

### STRAWBERRY COULI

Makes approximately 3 cup

**1 punnet strawberries, hulled**

**2 tablespoons icing sugar**

1. Process strawberries using Puree Extractor.
2. Add icing sugar, to processed strawberries and mix well.
3. Serve spooned over ice cream, meringue or chocolate cake.

## DRINKS AND FROOJIES™

Dairy free fruit smoothies made with 100% fruit.

Combines soft fruits, such as bananas, with harder fruits to create exciting new drink combinations.

### RASPBERRY AND BANANA PUREE

**Serves 2**

**1 large banana, peeled**

**½ cup fresh or frozen raspberries, thawed**

**1 tablespoon honey**

**½ cup cold water**

1. Process bananas and raspberries through juicer using Puree Extractor, pour into 2 glasses, stir in honey and water and mix well.
2. Serve immediately.

### PEAR AND BLUEBERRY PUREE

**Serves 2**

**1 ripe pear, peeled and cored**

**½ cup fresh blueberries**

**1 banana, peeled**

**1 tablespoon chopped mint leaves**

**Sparkling mineral water or soda water to serve**

1. Process pear, blueberries and banana using Puree Extractor.
2. Stir in mint leaves, mix well.
3. Pour into 2 large glasses, top with sparkling mineral water or soda water.
4. Serve immediately.

### PINEAPPLE AND ROCKMELON PUREE

**Serves 2**

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

**¼ small pineapple, peeled, cored and chopped**

**Chilled water to serve**

1. Process rockmelon and pineapple using Puree Extractor.
2. Pour into 2 large glasses and top up with chilled water to desired thickness.
3. Serve immediately.

### PEACH AND BANANA, YOGI

**Serves 2**

**1 large ripe peach, peeled, stone removed, chopped**

**1 banana, peeled**

**2 tablespoons pure maple syrup**

**½ cup natural yoghurt**

**½ cup milk**

1. Process peach and banana using Puree Extractor.
2. Stir in maple syrup, yoghurt and milk.
3. Pour into 2 large glasses and serve immediately.

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