

Attention:

Fruits that contain starch, such as bananas, papayas, avocados, figs and mangoes are not suitable for processing in the juice extractor. Use a food processor, blender or bar blender to process these fruits.

HIGH PERFORMANCE POWER JUICER

Owner's Manual

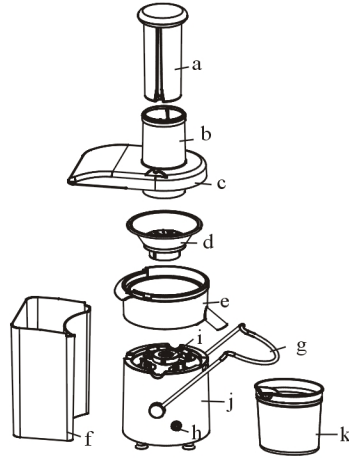
Read And Save These Instructions



FSET28

General description

- a.Press stick
- b.Feeding tube
- c.Top cover
- d.Filter
- e.Juice collector(Middle plate)
- f.Pomace container
- g.Locking arm
- h.Switch
- i.Cluth
- j.Main body
- k.Juice jug



Important

Read these instructions for use carefully before using the appliance and save them for future reference.

- Check if the voltage indicated on the base of the appliance corresponds to the local mains voltage before you connect the appliance.
- Do not use the appliance when the mains cord, the plug or other components are damaged.
- If the mains cord is damaged, it must be replaced by service or distributor or similarly qualified persons in order to avoid a hazard.
- Keep the appliance out of the reach of children.
- Never let the appliance operate unattended.
- Never use accessories or parts made by other manufacturers, or that have not been specifically recommended by original manufacturers. Your guarantee will become invalid if you use such parts or accessories.
- Check the filter every time you want to use the appliance. If you detect any cracks or damage, do not use the appliance and contact the nearest distributors or manufacturers.
- Make sure all parts are correctly mounted before you switch on the appliance.
- Only use the appliance when locking arm is locked on the proper position.
- Do not operate the juicer for more than 40 seconds at a time when juicing heavy loads and let it cool down sufficiently afterwards.

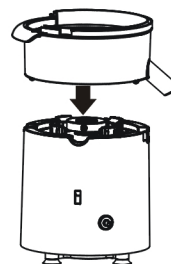
Fruit and vegetables facts

Fruit/vegetable	Vitamins/minerals	Kilojoule/calorie count	Juicing speed
Apples	Vitamin C	200g=150KJ(72 cals)	High
Apricots	High in dietary fibre, contains potassium	30g=85KJ(20 cals)	Low
Beetroot	Good source of folate, dietary fibre, vitamin C and potassium	160g=190KJ(45 cals)	High
Blueberries	Vitamin C	125g=295KJ(70 cals)	Low
Brusseis sprouts	Vitamin C, B, B6, E, folate and dietary fibre	100g=110KJ(26 cals)	Low
Cabbage	Vitamin C, folate, potassium, B6 and dietary fibre	100g=110KJ(26 cals)	High
Carrots	Vitamin A, C, B6 and dietary fibre	120g=125KJ(30 cals)	High
Celery	Vitamin C and potassium	80g=55KJ(7 cals)	High
Cucumber	Vitamin C	280g=120KJ(29 cals)	Low
Fennel	Vitamin C and dietary fibre	300g=145KJ(35 cals)	Low
Grapes	Vitamin C, B6 and potassium	125g=355KJ(85 cals)	Low
Kiwi fruit	Vitamin C and potassium	100g=100KJ(40 cals)	Low
Melons	Vitamin C, folate, dietary fibre and Vitamin A	200g=210KJ(50 cals)	Low
Nectarines	Vitamin C, B3, potassium and dietary fibre	180g=355KJ(85 cals)	High
Peaches	Vitamin C, B3, potassium and dietary fibre	150g=205KJ(49 cals)	High
Pears	Dietary fibre	150g=250KJ(60 cals)	High
Pineapples	Vitamin C	150g=245KJ(59 cals)	High
Raspberries	Vitamin C, iron, potassium and magnesium	125g=130KJ(31 cals)	Low
Tomatoes	Vitamin C, dietary fibre, Vitamin E, folate and Vitamin A	100g=90KJ(22 cals)	Low

None of the recipes in these instructions for use constitute heavy loads.

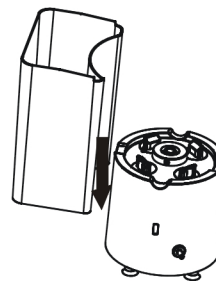
- Never reach into the feeding tube with your fingers or an object while the appliance is running. The press stick is only to be used for this purpose.
- Only unlock the locking arm after you have switched the appliance off and the filter has stopped rotating.
- Do not remove the pomace container when the appliance is in operation.
- Do not touch the small cutting blades in the base of the filter.
- Always unplug the appliance after use.
- Never immerse the main body in water or any other liquid. Do not rinse it either.

Preparing for use



1 Wash all detachable parts (see chapter 'cleaning')

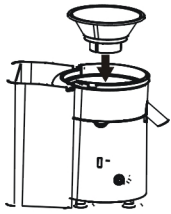
2 Place the juice collector (middle plate) into the appliance properly.



3 Place the pomace container into the appliance by tilting it forwards slightly. Insert the top end first and then push home the bottom end.

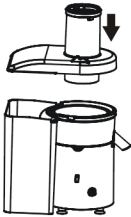
While you are preparing juice, you can empty the pomace container by switching the appliance off and carefully removing the pomace container.

➤ Reassemble the empty pomace container before you continue juicing.

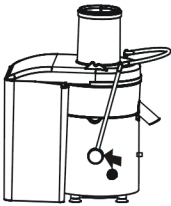


- 4 Put the filter in the juice collector. Make sure the filter is fitted securely onto the driving shaft ('click')

Always check the filter before use. If you detect any cracks or damage, do not use the appliance and take the appliance to your dealer.

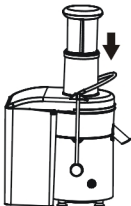


- 5 Hold the lid over the filter and lower it into position.



- Pull the locking arm onto the top cover to lock it into place ('click').

Make sure the locking arm is locked into position on either side of the top cover.



- Slide the press stick into the feeding tube by aligning the groove in the press stick with the small protrusion on the inside of the feeding tube.



- Place the juice jug under the spout.

Carrot, apple & pineapple cake

- 200g carrot
 - 200g pineapple
 - 200g apple
 - 1 cup coconut (grated)
 - 3 cups flour
 - 1 tablespoon baking soda
 - 1 tablespoon cinnamon
 - 1 cup sugar
 - 1 cup honey
 - 4 eggs
 - 1 cup oil
 - 1 packet vanilla sugar
 - 1 cup chopped nuts
- Juice the carrot, pineapple and apple pieces. Use the pomace collected in the pomace container.
- Mix carrot, pineapple and apple pomace. Add honey, sugar, oil and vanilla sugar and blend well. Sift in the dry ingredients until just blended in.
- Stir in coconut and nuts. Pour into a greased baking tin. Bake at 160°C for approximately 45–55 minutes.
- This mixture also makes great muffins. Fill muffin tins 3/4 full and bake for 40 minutes.

Miracle extract

- 1 cup pineapple cubes,peeled
- 1 cup cubed apple,stalk removed
- 2 small carrots,trimmed
- 1 orange,peeled
- 2 celery stalks,trimmed
- 1 lime,peeled

➤ Process the fruits in the juicer.Mix well.Add a few ice cubes.Serve immediately.

Pineapple,peach & pear juice

- 1/2 pineapple,peeled and halved
- 2 peaches,halved and stoned
- 2 small ripe pears,stalks removed

➤ Process pineapple,peaches and pears in the juicer.Serve immediately.

Surprise pineapple cake

- 3/4 cup pineapple extract
- 10 tablespoons butter
- 1 tablespoon powdered sugar
- 2 egg yolks
- 1 cup sweetened condensed milk
- 54 sponge fingers
- 1/4 cup water
- 1 cup sugar
- 1 can sliced pineapple
- 6-10 maraschino cherries

➤ Use the juicer to obtain the pineapple extract.With a mixer, beat the butter until creamy.Slowly add the sugar,egg yolks and sweetened condensed milk.Continue beating until fluffy and then add the pineapple extract.

➤ Grease a spring mould lightly with butter and build the cake by covering the bottom and sides of the mould with sponge fingers slightly moistened with the canned pineapple syrup. Then add a layer of cream and another layer of sponge fingers and so on.Finish with a layer of cream.Cool the cake in refrigerator for three hours and then remove it from the mould.

➤ Make caramel by boiling sugar and water.Decorate the cake with pineapple slices,maraschino cherries and caramel threads. Using a spring mould will yield the best results.



9 Separating the foam from the juice when pouring the juice into a glass from the rim of the cup.

Using the appliance

The appliance will only function if all parts have been properly assembled and the top cover has been properly locked in place with the clamps.

- 1 Wash the fruit and/or vegetables and put them into the feeding tube.
- 2 Make sure the juice jug has been placed under the spout.
- 3 Switch the appliance on by turning the switch to setting 1(low-speed) or 2(normal-speed)

-Speed 1 is especially suitable for soft and fruits and vegetables such as watermelons,grapes,tomatoes,cucumbers and raspberries.
-Speed 2 is suitable for all kinds of fruits and vegetables.

- 4 Put the fruit or vegetable in the feeding tube and gently press them down towards the rotating filter by means of the pusher.

Do not exert too much pressure on the press stick ,as this could affect the quality of the end result and it could even cause the filter to come to a halt.

Never insert your fingers or/and object into the feeding tube.

After you have processed all ingredients and the juice flow has stopped,switch the appliance off and wait until the filter has stopped rotating.

Tips

- Use fresh fruit and vegetables,as they contain more juice.Pineapples,beetroots,celery stalks,apples,cucumbers,carrots,spinach,melons,tomatoes,pomegranates,oranges and grapes are particularly suitable for processing in the juice extractor.
- You don't have to remove thin peels or skins,Only thick peels,e.g.those of oranges, pineapples and uncooked beetroots need to be remove.Also remove the white pith of citrus fruits because it has a bitter taste.

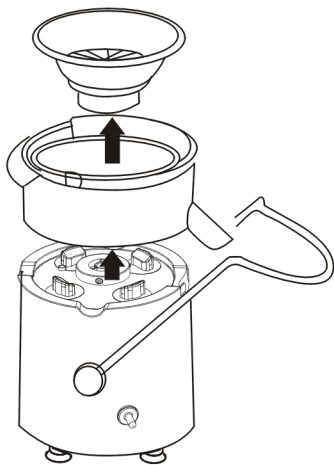
- When Preparing apple juice ,remember that the thickness of the apple juice depends on the kind of apple you are using. The juicier the apple, the thinner the juice. Choose a kind of apple that produces the type of juice you prefer.
- Apple juice turns brown very quickly. You can slow down this process by adding a few drops of lemon juice.
- Fruits that contain starch, such as bananas, papayas, avocados, figs and mangoes are not suitable for processing in the juice extractor. Use a food processor, blender or bar blender to process these fruits.
- Leaves and leaf stalks of e. g. lettuce can also be processed in the juice extractor.
- Drink the juice immediately after you have extracted it. If it is exposed to air for some time, the juice will lose its taste and nutritional value.
- To extract the maximum amount of juice, always press the pusher down slowly.
- The juicer is not suitable for processing very hard and/or fibrous/starchy fruits or vegetables such as sugar cane.

Cleaning

- The appliance is easier to clean if you do so immediately after use.
- Do not use abrasive cleaning agents, scourers, acetone, alcohol etc. to clean the appliance.
- All detachable parts are dishwasher-safe.

- 1 Switch the appliance off, remove the plug from the wall socket and wait until the filter has stopped rotating.
- 2 Remove the dirty parts from the main body. Dissassemble the appliance in the following order:
 - Remove the pomace container;
 - Remove the press stick;
 - Remove the top cover
- 3 Remove the juice collector together with the filter.
- 4 Clean these parts with the cleaning brush in warm water with some washing-up liquid and rinse them under the tap.
- 5 Clean the main body with a damp cloth.

Never immerse the motor unit in water nor rinse it under the tap.



Recipes

Energy cocktail

- 2 cups carrot, trimmed
- 1/2 cup cucumber
- 12 spinach leaves
- 1 lime, peeled
- 1 cup celery, trimmed
- 1 apple
- 1 tomato
- 2 tablespoons honey
- Process all ingredients except the honey in the juicer. Add honey and mix well.
- Serve immediately, adding a few ice cubes as desired.

Fruit potpourri

- 4 medium-sized apricots, seeded
- 2 cups cubed melon, peeled
- 1 large apple, stalk removed
- 1 orange, peeled
- Process the fruits in the juicer, mix well, add a few ice cubes and serve immediately

Temptation

- 6 apricots, seeded
- 2 cups melon, peeled
- 1/2 cup orange juice
- Process the fruits in the juicer. Mix the resulting extract well. Add 6 ice cubes.
- Serve immediately in medium-sized glasses garnished with strawberries or maraschino cherries and an orange slice.

Pink cloud

- 1 cup strawberries
- 1 cored orange, peeled
- 1 cup cubed pear, stalk removed
- 1 small carrot, trimmed
- Process in the juicer. Mix thoroughly.
- Serve immediately. Add a few ice cubes.