

Breville

the Froojie™ Juice Fountain®

Instruction Booklet



BJE520

CONGRATULATIONS

on the purchase of your new
Breville product

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At Breville we 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

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operation and save for future reference.
- Remove any packaging material and promotional stickers and labels before using the juicer for the first time.
- Do not place the juicer 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 juicer on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the juicer is properly assembled before use. The appliance will not operate unless properly assembled. Refer to assembly.
- Do not leave the juicer unattended when in use.
- Always ensure the juicer 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 juicer 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 juicing guide on Page 9 to determine the correct speed for the fruits and vegetables selected for juicing.
- When using the Froojie™ Disc and insert, always use speed 1 and 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 juicer for anything other than food and/or beverage preparation.
- Keep the appliance clean. Refer to Care, Cleaning and Guarantee.
- Do not use appliance if the rotating sieve (filter basket) is damaged.

BREVILLE RECOMMENDS SAFETY FIRST

- 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 Froojie™ extractor.
- Remove rind from all citrus fruit before juicing.



WARNING

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

**SAVE THESE
INSTRUCTIONS**

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The 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 do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville 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. Misuse may cause injury.

- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

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.

SAVE THESE INSTRUCTIONS

KNOW

your Breville product

KNOW YOUR BREVILLE PRODUCT



- A. **Unique Direct Central Feed System**
Ensures maximum juice extraction.
- B. **84mm extra wide feed chute**
Fits larger fruit and vegetables whole.
- C. **Juicer cover** (Top shelf dishwasher safe).
- D. **3 litre pulp container** (Top shelf dishwasher safe).
- E. **Stylish stainless steel design**
- F. **ON/OFF switch**
- G. **LCD speed indicator**
With juicing speed guide.
- H. **Electronic variable speed control dial**
- I. **Food pusher**
For pushing whole fruit and vegetables down the feed chute (top shelf dishwasher safe).
- J. **Die-cast metal interlocking safety arm**
Stops the juicer operating without the juicer cover locked in place.
- K. **Filter basket**
Stainless steel, titanium reinforced micro mesh filter basket (top shelf dishwasher safe).
- L. **Motor drive coupling**
- M. **Filter bowl surround** (Top shelf dishwasher safe).
- N. **1.2 litre juice jug and lid**
With in-built froth separator (top shelf dishwasher safe).
- O. **Heavy duty motor**
With five year motor warranty.
- P. **Custom designed juice nozzle**
Perfect for mess free juicing straight into a glass (top shelf dishwasher safe).

KNOW YOUR BREVILLE PRODUCT



Q. 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).

R. Froojie™ Insert

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

S. Froojie™ Disc

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

T. Nutri Disc™

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

U. Built in froth separator

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

V. 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.

NOT SHOWN

Cord Exits at rear of juicer and wraps around feet.

NOTE

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

ASSEMBLING

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ASSEMBLING YOUR BREVILLE PRODUCT

BEFORE FIRST USE

Before using your juicer 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, Nutri Disc™, juicer cover, Froojie™ Disc, Froojie™ 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

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



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



4. Place the juicer cover over the filter bowl surround, positioning the feed chute over the juice disc and lower into position.



ASSEMBLING YOUR BREVILLE PRODUCT

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.



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.



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.



NOTE

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.

8. Place the juice jug provided under the spout on the right-hand side of the juicer. 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.

ASSEMBLING YOUR BREVILLE PRODUCT

FOR USE WITH FROOJIE™ EXTRACTOR

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



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



NOTE

Never use Froojie™ Disc without Froojie™ insert. They must always be used together.

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



4. Place the Juicer Cover over the Froojie™ Insert and Filter Bowl Surround and lower into position.



ASSEMBLING YOUR BREVILLE PRODUCT

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.



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.



NOTE

There is no need to use pulp container when using Froojie™ Extractor.

7. Place the juice jug provided under the spout on the right-hand side of the juicer. The juice jug lid can be used to avoid any splatter.

OPERATING

your Breville product

OPERATING YOUR BREVILLE PRODUCT

PREPARATION OF FRUIT AND VEGETABLES FOR FROOJIE™ EXTRACTOR

- Only soft fruits should be used with the Froojie™ 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.

NOTE

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

FROOJIE™ 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
Watermelon (peeled, seeds removed)	1
Use speed 2 to push out any remaining fruit pulp in juice collector	2

WITH JUICE EXTRACTOR OR FROOJIE™ EXTRACTOR

1. Wash selection of fruit and vegetables to be juiced.

NOTE

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.

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

WARNING

Do not put hard fruit and vegetables (i.e. Carrots, apples, fresh beetroot, etc.) or ice through juicer when using Froojie™ Extractor. This could damage parts of the unit.

3. Ensure the juicer is correctly assembled. Refer to Assembling your juicer. Ensure the juice jug (or a glass) is placed under the spout and the pulp container is in position before commencing juicing.
4. Plug the power cord into a 230/240V power outlet. Turn the power on at the power outlet. The LCD display will illuminate.

OPERATING YOUR BREVILLE PRODUCT

NOTE

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.

PREPARATION OF FRUIT AND VEGETABLES FOR JUICE EXTRACTOR 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

OPERATING YOUR BREVILLE PRODUCT

NOTE

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

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.

NOTE

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.

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.

NOTE

The juicer 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 Juicer 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.

1. 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 juicer OFF at the control panel and then carefully removing the pulp container. Replace the empty pulp container into position before continuing to juice.

OPERATING YOUR BREVILLE PRODUCT

NOTE

Do not allow the pulp container to overfill as this may affect the operation of the appliance.

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes, 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.

USING THE FROOJIE™ EXTRACTOR

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

NOTE

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

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 Breville product

DISASSEMBLING YOUR BREVILLE PRODUCT

JUICE EXTRACTOR

1. Ensure the juicer 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.
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.



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.



4. Lift the juicer cover off the juicer.



5. Remove the filter bowl surround with the Nutri Disc™ still in place.



6. To remove the Nutri 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 Nutri Disc™ over the sink.

⚠ WARNING

The Nutri Disc™ contains small sharp blades to cut and process fruits and vegetables. Avoid touching blades when handling the filter basket.

DISASSEMBLING YOUR BREVILLE PRODUCT

FROOJIE™ EXTRACTOR

1. Switch the ON/OFF button on the control panel of the juicer to turn off. Then switch the appliance OFF at the power outlet and unplug the cord.



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.



3. Lift the Froojie™ insert from the Filter Bowl surround.

4. Lift the Froojie™ 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 Froojie™ cutting disc has super sharp blades and teeth. Do not touch teeth and blade when handling the Froojie™ disc.

CARE & CLEANING

for your Breville product

CARE & CLEANING

Ensure the juicer 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 juicer is correctly disassembled. Refer to Disassembling your juicer.

NOTE

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 or as compost for the garden or discarded.

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.

NOTE

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

CLEANING THE FILTER BOWL SURROUND, JUICER COVER, FROOJIE™ INSERT, FOOD PUSHER, PULP CONTAINER

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

NOTE

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

The Froojie™ insert is not dishwasher safe. Please wash in warm water.

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.

CARE & CLEANING



NOTE

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

- 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.

NOTE

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

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.

WARNING

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.

BREVILLE 5 YEAR MOTOR GUARANTEE

The juicer is constructed with a heavy duty motor. So heavy duty, we have given the motor a 5 year guarantee against faulty materials or manufacture. This warranty is an extension of the 12 month replacement guarantee and covers the motor only. The warranty does not cover damage caused by accident, misuse, or being used in a manner not stated in the instruction book.

The 5 year guarantee is additional to the conditions and warranties mandatory implied by the laws and regulations of the individual States and Territories of Australia and the Trade Practices Act, 1974.

12 MONTH REPLACEMENT GUARANTEE

The juicer is totally covered for the first 12 months against faulty material or manufacture by the Breville 12 month replacement guarantee (see Guarantee Card enclosed).

TROUBLESHOOTING

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Machine will not work when switched ON	<ul style="list-style-type: none"> 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.
Motor appears to stall when juicing	<ul style="list-style-type: none"> 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. Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the juice disc and the juicer cover.
	<ul style="list-style-type: none"> The juicer 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 juicer 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.
	<ul style="list-style-type: none"> Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide to determine the correct speed for the fruits and vegetables selected for juicing.
Excess pulp building up the Stainless Steel Filter Disc	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 Cover	<ul style="list-style-type: none"> Try a slower juicing speed and push the food pusher down the feed chute more slowly.

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Juice sprays out from spout	<ul style="list-style-type: none">• 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 Froojie™ Extractor, the filter bowl surround becomes full and clogs its spout	<ul style="list-style-type: none">• 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

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.

70% 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.
- 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, citrus, 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 juicer but remove the skin and excess pith before juicing.
- A small amount of lemon juice can be added to apple juice to reduce discolouration.

NOTE

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

TIPS ON JUICING

PREPARATION OF FRUIT AND VEGETABLES FOR FROOJIE™ EXTRACTOR

- Only soft fruits should be used with the Froojie™ 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.

NOTE

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

FRUIT & VEGETABLE FACTS

FRUIT & VEGETABLE FACTS

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	KILOJOULE/ CALORIE COUNT
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	166g Apple =338kj (80 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	55g Apricot =80kj (19 cal)
Bananas	Autumn/ Spring	Room temperature	Vitamins B6 & C, Potassium, Dietary Fibre	100g Banana =378kj (90 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =332kj (79cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100g Blueberries =220kj (52 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =131kjs (31 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fibre	100g Brussel Sprouts =156kj (37 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fibre	100g Cabbage =93kj (22 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	100g Carrots =140kj (33 cal)
Cauliflower	Autumn/ Winter	Remover outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin 5 and Potassium	100g Cauliflower =103kj (24.5 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	100g stick =64kjs (15 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	100g Cucumber =50kj (12 cal)
Fennel	Autumn to Spring	Refrigerate	Vitamin C, Dietary Fibre, Folate	100g Fennel =80kj (19 cal)
Grapefruit	All year round	Room temperature	Vitamin C, Bioflavonoids, Lycopene, Dietary Fibre	100g Grapefruit =140kj (33 cal)

FRUIT & VEGETABLE FACTS

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	KILOJOULE/ CALORIE COUNT
Grapes (Seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	100g Grapes =250-350kj (60-83 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =219kj (52 cal)
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6 and Potassium	207g Mango =476kj (113 cal)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary Fibre	151g Nectarines =277kj (66 cal)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C	131g Orange =229kj (54 cal)
Peaches	Summer	Ripen at room temperature then refrigerate	Vitamin C, Potassium, Dietary Fibre, Beta Carotene	100g Peaches =175kj (42 cal)
Pears	Autumn/ Winter	Ripen at room temperature then refrigerate	Vitamin C & E Dietary Fibre	161g Pear =391kj (93 cal)
Pineapple	Spring/ Summer	Store in a cool place	Vitamin C & E Dietary Fibre	100g Pineapple =180kj (43 cal)
Spinach	All year round	Refrigerate	Vitamin B6, C, E, Beta carotene, Folate, Magnesium, Potassium, Dietary Fibre	100g Spinach =65kj (15 cal)
Sweet Potato	All year round	Store in cool place	Vitamins C, E, Beta Carotene, Dietary Fibre	100g Sweet Potato =275kj (65 cal)
Tomatoes	Late Winter to early Summer	Ripen at room temperature then refrigerate	Lycopene, Vitamin C, E, Folate, Dietary Fibre	100g Tomatoes =65-75kj (15-17 cal)

RECIPES

FRESH STARTS

APPLE, CARROT AND CELERY JUICE

Makes 2 serves

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

INGREDIENTS

- 4 small Granny Smith apples
- 3 medium sized carrots, trimmed
- 4 sticks celery

METHOD

1. Process apples, carrots and celery through the juicer using speeds 3 and 5.

Mix well and serve immediately.

TOMATO, CARROT, CELERY AND LIME JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process tomatoes, carrot, celery and lime through the juicer using speeds 1, 3 and 5.

Serve immediately.

CARROT, BEETROOT AND ORANGE JUICE

Makes 2 serves

INGREDIENTS

- 2 medium carrots, trimmed
- 3 medium beetroot, trimmed
- 4 oranges, peeled

METHOD

1. Process carrots, beetroot and oranges through the juicer using speed 5.

Serve immediately.

APPLE, PEACH AND GRAPEFRUIT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process apple, peaches and grapefruit through the juicer using speeds 1, 3.

Serve immediately.

PINEAPPLE PEACH AND PEAR JUICE

Makes 2 serves

INGREDIENTS

- ½ small pineapple, peeled and halved
- 2 peaches, halved and seeds removed
- 2 small ripe pears

METHOD

1. Process pineapple, peaches and pears through the juicer using speeds 2 and 5.

Serve immediately.

FRESH STARTS

APPLE, PEAR AND STRAWBERRY JUICE

Makes 2 serves

INGREDIENTS

- 1 small Granny Smith apple
- 3 small ripe pears
- 1 cup strawberries, trimmed

METHOD

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

Serve immediately.

ROCKMELON, MINT AND MANGO JUICE

Makes 2 serves

INGREDIENTS

- ½ small rockmelon, peeled, seeded and halved
- 3 sprigs fresh mint leaves
- 1 mango, halved, seeded and peeled

METHOD

1. Process rockmelon, mint and mango through the juicer using speeds 1 and 2.

Serve immediately.

TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE

Makes 2 serves

INGREDIENTS

- 3 medium tomatoes
- 1 large cucumber
- 1 large bunch fresh parsley
- 3 medium carrots, trimmed

METHOD

1. Process tomatoes, cucumber, parsley and carrots through the juicer using speeds 1, 4 and 5.

Serve immediately.

SWEET POTATO, CELERY, GINGER AND ORANGE JUICE

Makes 2 serves

INGREDIENTS

- 4 sticks celery, trimmed
- 1 sweet potato, peeled and halved
- 2.5 cm piece fresh ginger
- 4 oranges, peeled

METHOD

1. Process celery, sweet potato, ginger and oranges through the juicer using speeds 3-5.

Serve immediately.

PARSNIP, CELERY AND PEAR JUICE

Makes 2 serves

INGREDIENTS

- 2 parsnips, trimmed
- 4 sticks celery, trimmed
- 4 medium pears, stalks removed

METHOD

1. Process parsnips, celery and pears through the juicer using speed 5.

Serve immediately.

VITAMIN REPLACERS

TOMATO, CARROT AND RED CAPSICUM JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through the juicer using speeds 1, 4 and 5.

Serve immediately.

BLACKBERRY, PEAR AND GRAPEFRUIT JUICE

Makes 2 serves

INGREDIENTS

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

1. Process blackberries, pears and grapefruit through the juicer using speeds 1, 3 and 5.

Serve immediately.

BEETROOT, APPLE AND CELERY JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process beetroot, apples and celery through the juicer.

Serve immediately.

BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE

Makes 2 serves

INGREDIENTS

- 500g blackberries
- 500g blueberries
- 500g strawberries, hulled
- 1 lime, peeled

METHOD

1. Process blackberries, blueberries, strawberries and lime through the juicer using speeds 1 and 2.

Serve immediately.

CUCUMBER, CELERY, FENNEL AND BEAN SPROUT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process cucumber, celery, fennel and bean sprouts through the juicer using speeds 4 and 5.

Serve immediately.

FROTHIE ORANGE JUICE

Makes 2 serves

INGREDIENTS

- 1kg oranges, peeled

METHOD

1. Process oranges through the juicer using speed 3.

Serve immediately.

(Best to refrigerate oranges before juicing)

LIQUID LUNCHES

FRESH VEGETABLE SOUP WITH NOODLES

Makes 4 serves

INGREDIENTS

1 small tomato
1 small onion, peeled and trimmed
2 carrots
1 green capsicum, seeded
20g butter
1 tablespoon wholemeal flour
375ml vegetable stock
425g canned white beans
1 packet 2 Minute Noodles
Freshly ground black pepper

METHOD

1. Process tomato, onion, carrots and green pepper through the juicer 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 beans.
5. Bring to the boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.

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

GAZPACHO

Makes 4 serves

INGREDIENTS

4 medium tomatoes
4 sprigs fresh parsley
1 large clove garlic, peeled
1 small onion, peeled and trimmed
2 carrots
2 stalks celery
1 red capsicum
1 lebanese cucumber
2 tablespoons red wine vinegar
freshly ground black pepper
1 cup crushed ice
¼ cup chopped fresh basil

METHOD

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through the juicer using speeds 1, 4 and 5.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.

Pour in extracted juice, sprinkle with basil and serve immediately.

LIQUID LUNCHES

PASTA WITH PROVENCEALE STYLE SAUCE

Makes 4 serves

INGREDIENTS

- 4 tomatoes
- 2 sprigs fresh parsley
- 1 stick celery
- 2 large cloves garlic
- 1 small onion, peeled and trimmed
- 1 red capsicum, seeded
- 1 tablespoon tomato paste
- ½ cup red wine
- 2 teaspoons dried oregano
- 500g cooked pasta
- ¼ cup grated Parmesan cheese

METHOD

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

Serve immediately.

MANGO, ROCKMELON AND ORANGE YOGHURT DRINK

Makes 4 serves

INGREDIENTS

- 1 mango, halved, peeled and seeded
- ½ small rockmelon, peeled, seeded and cut into two equal portions
- 5 oranges, peeled
- ¼ cup natural yoghurt

METHOD

1. Process mango, rockmelon and oranges through the juicer using speeds 1, 2 and 3.
2. Pour into a large bowl whisk in yoghurt.

Serve immediately.

ICY COOLERS

SPARKLING PEAR AND APRICOT COOLER

Makes 2 serves

INGREDIENTS

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

METHOD

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

Serve immediately.

ROCKMELON, STRAWBERRY AND PASSION CRUSH

Makes 2 serves

INGREDIENTS

½ rockmelon, peeled, seeded and divided into 2 equal portions
250g strawberries, hulled
pulp of 2 passionfruit
1 cup crushed ice

METHOD

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

Serve immediately.

TROPICAL BLEND

Makes 2 serves

INGREDIENTS

2 mangoes, halved, seeded and peeled
3 kiwi fruit, peeled
½ small pineapple, peeled and halved
½ cup fresh mint leaves
1 cup crushed ice

METHOD

1. Process mangoes, kiwi fruit, pineapple and mint through the juicer using speeds 1, 3 and 5.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

TOMATO, NECTARINE, PASSIONFRUIT AND MINT ICER

Makes 2 serves

INGREDIENTS

6 tomatoes
2 nectarines, halved and seeded
½ cup fresh mint leaves
pulp of 4 passion fruit
1 cup crushed ice

METHOD

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

Serve immediately.

ICY COOLERS

CUCUMBER, PINEAPPLE AND CORIANDER ICE

Makes 4 serves

INGREDIENTS

- ½ small pineapple, peeled and halved
- 2 cucumbers
- ½ cup fresh coriander leaves
- 1 cup crushed ice

METHOD

1. Process pineapple, cucumbers and coriander through the juicer using speeds 4 and 5.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

PEAR, RADISH AND CELERY CRUSH

Makes 4 serves

INGREDIENTS

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

1. Process pears, radishes and celery through the juicer using speed 5.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

SPIRITED JUICES

COCONUT PINEAPPLE COLADA

Makes 4 standard serves

INGREDIENTS

- ½ large pineapple, peeled and quartered
- 60ml nip Malibu liqueur
- 500ml soda water
- ½ cup cream
- 1 cup crushed ice

METHOD

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

Serve immediately.

HONEYDEW DREAM

Makes 4 standard serves

INGREDIENTS

- 1 honeydew melon, peeled, seeded and quartered
- 60ml nip Midori liqueur
- 500ml soda water
- 1 cup crushed ice

METHOD

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

Serve immediately.

BLOODY MARY

Makes 4 standard serves

INGREDIENTS

- 4 medium tomatoes
- 2 sticks celery
- 1 large red capsicum, base removed and seeded
- 60ml nipVodka
- 1 cup crushed ice

METHOD

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

Serve immediately.

PEACH AND MINT JULEP

Makes 4 standard serves

INGREDIENTS

- 6 peaches, halved and seeded
- ½ cup fresh mint leaves
- 60ml nip Creme de Menthe
- 2 teaspoons sugar
- ½ cup crushed ice
- 500ml mineral water

METHOD

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

Serve immediately.

ENERGY FUEL

GRAPE, KIWI FRUIT AND BERRY BOOSTER

Makes 2-4 serves

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

INGREDIENTS

500g green seedless grapes, stems removed
2 kiwi fruit, peeled
250g strawberries, hulled
500ml skim milk
2 tablespoons powdered protein drink mix
½ cup crushed ice

METHOD

1. Process grapes, kiwi fruit and strawberries through the juicer using speed 1.
2. Mix in milk, protein drink mix and crushed ice.

Serve immediately.

APRICOT, APPLE AND PEAR SPARKLE

Makes 2-4 serves

INGREDIENTS

4 large apricots, halved and seeded
4 small red apples
3 medium pears
250ml sparkling mineral water
½ cup crushed ice

METHOD

1. Process apricots, apples and pears through the juicer using speeds 2 and 5.
2. Stir in mineral water and ice.

Serve immediately.

BEETROOT, CARROT AND ORANGE QUENCHER

Makes 4 serves

INGREDIENTS

8 carrots
2 small beetroots, trimmed
¼ cup fresh mint leaves
4 oranges, peeled

METHOD

1. Process carrots, beetroot, mint leaves and oranges through the juicer using speeds 3 and 5.

Serve immediately.

FIBRE FAVOURITES

Rather than waste the pulp 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

Makes 6 serves

INGREDIENTS

8 sheets filo pastry
60g butter, melted
1 leek finely sliced
1 cup pumpkin pulp
1 cup carrot pulp
250g feta cheese, crumbled
3 eggs
1 egg white
½ cup milk
2 tablespoons orange rind
¼ cup chopped fresh parsley

METHOD

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

VEGETABLE AND BACON SOUP

Makes 4 serves

INGREDIENTS

20g butter
1 onion, finely chopped
1 ham bone
350g beetroot pulp, strained and juice reserved
50g potato pulp, strained and juice reserved
50g carrot pulp, strained and juice reserved
100g tomato pulp, strained and juice reserved
50g cabbage pulp, strained and juice reserved.
Reserved juices and enough water to make up 2 litres
4 bacon rashers, chopped
1 tablespoon lemon juice
½ cup sour cream

METHOD

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.
2. Bring to the boil, reduce heat and simmer for 30-40 minutes.
3. Remove ham bone, discard bone, finely chop meat and return to the pan.

Serve topped with sour cream.

CARROT, APPLE AND CELERY STRUDELS

Makes 8 serves

INGREDIENTS

- 30g butter
- 1 small onion, finely chopped
- 4½ cups carrot, apple and celery pulp, strained
(see juice recipe on page 43)
- 250g cottage cheese
- 2 tablespoons chopped fresh mint
- 1 egg, beaten
- 12 sheets filo pastry
- 60g butter, melted extra
- 1 cup grated fresh Parmesan cheese

METHOD

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

PARSNIP, HERB AND POLENTA HOT CAKES

Makes 6 serves

INGREDIENTS

- 2 cups parsnip pulp, strained
- ¼ cup milk
- 2 eggs, separated
- ¼ cup polenta (corn meal)
- ¼ cup self-raising flour
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon cajun seasoning
- 1 small red capsicum, finely chopped
- 1 tablespoon oil

METHOD

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

Serve immediately.

**BERRY AND WHITE
CHOCOLATE MOUSSE**

Makes 6 serves

INGREDIENTS

200g white chocolate
 200g strawberry pulp
 200g raspberry pulp
 3 teaspoons gelatine dissolved in
 ¼ cup hot water
 3 egg yolks
 300ml thickened cream
 ¼ cup icing sugar
 2 tablespoons Grand Marnier

METHOD

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

CARROT CAKE

Makes 16 serves

INGREDIENTS

1¾ cups plain flour
 2 teaspoons baking powder
 ½ teaspoon nutmeg
 ½ teaspoon cinnamon
 ½ teaspoon cardamom
 ½ cup chopped walnuts
 ½ cup sultanas
 ½ cup firmly packed brown sugar
 1¾ cups carrot pulp
 ½ cup oil
 2 eggs, lightly beaten
 ¼ cup sour cream

METHOD

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

SAUCE & DIPS

BEET AND CHIVE DIP

Makes approx 3 cups

INGREDIENTS

850g canned baby beets, well drained
1 cup snipped chives
1 clove garlic, crushed
1 cup mascarpone cheese
1 teaspoon lemon juice
Sea salt
Freshly ground black pepper

METHOD

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.

Serves with crackers and fresh vegetable pieces.

FRESH NECTARINE SALSA

Makes approx 5 ½ cups

INGREDIENTS

750g nectarines, peeled and stones removed
½ red capsicum, finely chopped
½ small red chilli, deseeded and finely chopped
1 tablespoon finely chopped fresh ginger
2 tablespoons finely chopped fresh coriander leaves
2 teaspoons lemon juice
2 teaspoons sugar
½ teaspoon ground cumin
sea salt to taste

METHOD

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.

Serve with Curry and rice or as an accompaniment to chicken or fish.

TOMATO, CHILLI AND PANCETTA SAUCE

Serves 4

INGREDIENTS

125g sliced pancetta, chopped
1 kg fresh ripe tomatoes
2 tablespoons olive oil
3 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

METHOD

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.

MANGO GELATO

Serves 4 to 6

INGREDIENTS

400g fresh mango pieces
 ½ cup sugar
 ½ cup cream
 2 tablespoons fresh lemon juice

METHOD

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.

PINEAPPLE, PASSIONFRUIT SHERBET

Serves 6

INGREDIENTS

1 medium pineapple, peeled
 8 passionfruit, pulp removed
 ½ cup sugar syrup (see recipe below)

METHOD

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.

SUGAR SYRUP

Makes approx 3 cups

INGREDIENTS

3 cups white sugar
 2 cups water

METHOD

1. Place sugar and water into a heavy base saucepan and cook stirring over a very low heat until sugar has dissolved.
2. Increase to a medium low heat and boil mixture for 5 minutes.
3. Remove from heat and allow to cool completely.

Store in an airtight container in a cool place.

STRAWBERRY COULI

Makes approx 2/3 cup

INGREDIENTS

1 punnet strawberries, hulled
2 tablespoons icing sugar

METHOD

1. Process strawberries using Puree Extractor.
2. Add icing sugar, to processed strawberries and mix well.

Serve spooned over ice cream, meringue or chocolate cake.

TROPICAL ICE POPS

Makes approx 12 ice pops

INGREDIENTS

1 punnet strawberries, hulled
¼ rockmelon, seeded and chopped
2 bananas, peeled
½ small pineapple, peeled and cored
4 passionfruit

METHOD

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.

RASPBERRY AND BANANA FROOJIE™

Serves 2

INGREDIENTS

1 large banana, peeled
¼ cup fresh or frozen raspberries, thawed
1 tablespoon honey
¼ cup cold water

METHOD

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

Serve immediately.

PEAR AND BLUEBERRY FROOJIE™

Serves 2

INGREDIENTS

1 ripe pear, peeled and cored
¼ cup fresh blueberries
1 banana, peeled
1 tablespoon chopped mint leaves
Sparkling mineral water or soda water to serve

METHOD

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.

Serve immediately.

PEACH AND BANANA YOGI

Serves 2

INGREDIENTS

1 large ripe peach, peeled, stone removed, chopped

1 banana, peeled

2 tablespoons pure maple syrup

½ cup natural yoghurt

½ cup milk

METHOD

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.

PINEAPPLE AND ROCKMELON FROOJIE™

Serves 2

INGREDIENTS

½ small rockmelon, peeled, seeded and chopped

¼ small pineapple, peeled, cored and chopped

Chilled water to serve

METHOD

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

Serve immediately.

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