

Juice Press

retains essential vitamins and minerals



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Important Safeguards

When using electrical appliances, in order to reduce the risk of fire, electric shock and/or injury to persons, basic safety precautions should always be followed, including:

For Your Safety

Read all instructions carefully, even if you feel you are quite familiar with the appliance.

- To protect against electric shock, DO NOT IMMERSE the motor unit or supply cord into water or any other liquid.
- Never leave the appliance unattended when in use.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not allow the power cord to hang over edge of a table or counter, or touch hot surfaces. Do not operate or place any part of this appliance on or near a hot gas or electric burner, or in a heated oven.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory and 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.
- Do not operate any appliance with a damaged power cord or plug; if the appliance malfunctions; or if it is dropped or damaged in any way.
- This appliance is for the use for which it has been manufactured. Any other use is to be considered inappropriate and therefore dangerous.
- Operate on a level surface. Operation on sinks, drain boards or uneven surfaces should be avoided.
- Before inserting the plug into the electrical socket, ensure the voltage of the socket corresponds to the value indicated on the rating label on the appliance.
- Switch off the power outlet and remove the plug before cleaning or when the appliance is not in use.

- Appliances are not intended to be operated by means of an external timer or separate remote-control system.
- Do not use outdoors.
- Do not use this appliance with an extension power cord.
- This unit is intended for household use only.
- Store unit indoors in a dry location.
- Metallic objects such as knives, forks and spoons should not be placed in the appliance.
- Do not misuse the power cord. Never carry the appliance by the power cord or pull to disconnect it from the outlet. Instead, grasp the plug and pull to disconnect.
- Do not attempt to repair, disassemble or modify the appliance. There are no user-serviceable parts.
- Do not use any appliance for anything other than its intended use. This product is intended for household use only.

Warning

If the supply power cord is damaged, the power cord must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

This product has not been designed for any uses other than those specified in this booklet.

Save These Instructions

Features of Your Juice Press



Getting to Know Your Juice Press

Congratulations on the purchase of your new Bellini Juice Press.

Before using your new appliance for the first time, it is most important that you read and follow the instructions in this booklet, even if you feel you are quite familiar with this type of appliance.

For future reference find a safe place to keep this booklet handy. Attention is particularly drawn to the section "Important Safeguards".

This appliance has been designed to operate from a standard domestic power outlet. It is not intended for industrial or commercial use.

Before First Use

Carefully wipe the exterior of the appliance to remove any dust that may have accumulated. Dry with a dry towel. Do not use harsh abrasive cleaners. Remove any label or stickers. Wash the accessories in warm soapy water, dry with a dry towel. Do not immerse the supply cord or motor part of this appliance in water or any other liquids.

Wash the juicing bowl, strainer, strainer holder, auger, food pusher, juice cup and pulp cup in warm soapy water with a soft cloth or nylon brush. Rinse and dry thoroughly.

Note: These parts are not dishwasher safe.

This appliance has a built-in safety lock; this feature ensures that you can only switch on the appliance if you have assembled the Juice Press correctly on the motor unit. When assembled correctly, the built-in safety lock will be unlocked.

Assembling the Juice Press

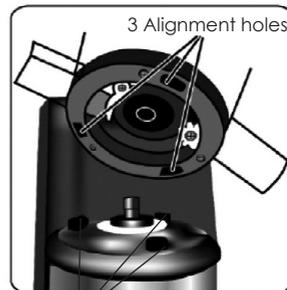
Before you assemble the Juice Press, ensure that the power cord is unplugged.

1. Place the motor base on a flat dry surface such as a counter-top.
2. Underneath the juice bowl is the pulp extraction silicon, which is used to remove the pulp from the spout of the juicing bowl. Ensure that the silicon is firmly inserted into the whole.(see fig.1)



Fig. 1

3. Place the juicing bowl on top of the motor base ensuring the 3 holes of the juice bowl align with the 3 screens on the motor base, align the triangle mark of the juice bowl with the triangle mark on the motor base, press down the juice bowl and rotate in a clockwise direction, then lock it into position. (see Fig.2)



3 alignment screens
Fig. 2(A)



Fig. 2(B)

- Assemble the strainer into the strainer holder, then place this assembled in to the juicing bowl.(see Fig.3)



Fig. 3

- Note that the triangle mark on the strainer needs to align with the triangle mark on the juicing bowl. Ensure that the strainer is completely pushed down. (see Fig.4)



Fig. 4

- Place the Auger into the strainer. Ensure that the Auger is in position by pressing down on it, and feeling the Auger click into place.(see Fig.5)

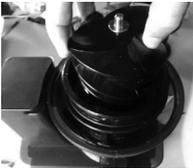


Fig. 5

- Place the Hopper onto the juice bowl. Align the triangle mark on the Hopper with the triangle mark on the juice bowl and turn it clockwise to the locked position. The Hopper will click into position.(see Fig.6)



Fig. 6

- Place the food pusher into the hopper.(see Fig.7)



Fig. 7

- Place the pulp cup so it fits in position on the left hand side of the Juice Press's main body. (see Fig. 8)



Fig. 8

- Place the juice cup under the Juice Press spout. see Fig.9



Fig. 9

- Slide the food pusher down the food chute. The pusher can only fit one way.

IMPORTANT: If the Juice bowl and lid are not correctly assembled, the Juice Press will not operate. This is a safety feature.

Using your Juice Press

- Clean fruit and vegetables thoroughly, ready for juicing.
- If juicing fruit with stones or hard seeds, pit the fruit. Remove any hard inedible skins, i.e. skin of melons, pineapples and mangoes prior to juicing.
If citrus fruits are being used, remove the skin prior to juicing.
- If pieces of fruit or vegetables are very large, chop them to a size that will fit down the Juice Press's food chute.
- Ensure the safety clamps are locked in position on top of the Juice Press lid.
- Turn the control switch To On to juice fruits.
- Press the food pusher slowly down until all fruit or vegetables have gone through the Juice Press. Do not press the food pusher rapidly as the Juice Press will not be as effective.
- CAUTION:** do not put your hand or any other object in the food chute during operation.
- The juice from the fruit and/or vegetables will flow directly into the juice cup and the pulp will be collected in the pulp bin.

9. When juicing is complete, ensure that the Juice Press's control switch is set to the OFF position, the power is turned off at the outlet and the Juice Press is unplugged. It is now safe to disassemble the unit.
10. If the Juice Bowl is stuck and does not detach from the base, Press the reverse button "R" for 3-5 seconds. Repeat this process 2-3 times. Then push the bowl upward while turning.
11. The strainer is equipped with an auto-cleaning brush.

Disassemble Your Juice Press

1. Ensure the Juice Press is turned off and the power cord is unplugged from the power outlet.
2. Remove the pulp tank and juice cup.
3. Remove the hopper by turning it to the open position (anti-clockwise). (see Fig.10)



Fig. 10

4. The juice bowl, auger, strainer and strainer holder can all be removed together. Grip the juice bowl and turn it to the open position (anti-clockwise) slightly, it will click out of position. This is a very small movement. The juicing bowl and all the internals can now be lifted off the motor base for cleaning.(see Fig.11)



Fig. 11

Tips for Juicing

Cut food items into small pieces for optimal extraction.

Do not place ice or frozen fruit into the Juice Press. Do not push the food down with excessive force. The food pusher is designed to gently push food down the chute if food becomes stuck.

Insert food at a regular speed, allowing all the pulp to be extracted. For maximum efficiency, do not rush this process.

When juicing leafy greens or wheat grass, it is suggested that you mix it with fruits or other hard vegetables for optimal results. Juice nuts only with other foods such as soaked soybeans or liquids. Check the recipes at the end of the operating instructions for ideas.

The juice from fresh fruit and vegetables is high in nutritional content. Juice from fresh fruit and vegetables is an important part of a balanced diet.

When selecting fruit and vegetables for juicing, always select fresh and well ripened specimens. Fresh fruit and vegetables carry more flavour and juice than those that are not properly ripened. Juice is best consumed when freshly made as this is when its vitamin and mineral content is highest.

Your Juice Press can handle most varieties of fruit and vegetables. If using fruit with hard, inedible skin (i.e. watermelons, pineapple, mangoes etc.) always peel the skin before placing in the Juice Press. The skin of citrus fruit should also be removed before fruit is placed in the Juice Press. For better tasting citrus juice, also remove the inner white peel from the fruit. Fruits with stones or hard seeds (i.e. mangoes, nectarines, apricots, and cherries) should be pitted before juicing. A small amount of lemon can be added to apple juice to prevent the juice browning.

The Juice Press is not suitable for juicing very hard and starchy fruits or vegetables such as sugar cane. When juicing fruit and vegetables of different consistency it may help to juice different combinations, i.e. juice soft fruit first, (i.e. oranges) then follow with hard fruit (i.e. apples). This will help you achieve maximum juice extraction. If juicing herbs or leafy vegetables, wrap them together to form a bundle before placing in the Juice Press or combine them with other ingredients on low speed.

NOTE: The Juice Press will only function correctly if all parts have been assembled correctly, the hopper is in position.

Maintenance

Regular maintenance of your appliance will keep it safe and in proper operational order.

Before Cleaning

When not in use or before cleaning, always disconnect the appliance from the mains supply.

Cleaning

Always ensure that the Juice Press is turned off and the power cord is unplugged from the power outlet before cleaning, disassembling or assembling and storing the appliance.

1. Immediately after each use, use the nylon brush to thoroughly clean the fine mesh holes of the strainer. Brush the inside of the strainer under running water, holding it up towards the light to ensure the fine mesh holes are not blocked.
2. Use the filter brush provided with the Juice Press. This brush has been specially designed to clean the strainer. Simply place the strainer inside the brush and under running water twist the brush left and right to remove the pulp from the strainer. You will need to use the small brush provided to clean the inside of the strainer, this should also be done under running water.(see Fig.12)



Fig. 12

If the holes are blocked, soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes.

Tips:

If the strainer cannot be cleaned immediately after use, soak the filter basket in hot soapy water immediately after juicing is complete. If pulp is left to dry on the strainer, it may clog the fine mesh holes, thereby lessening the effectiveness of the Juice Press. Do not soak the strainer in bleach.

3. Wash the juice bowl, auger, strainer holder, pulp cup and juicing cup in warm soapy water with the small nylon brush or a soft cloth. Rinse and dry thoroughly.

Note:Do not place any part of the Juice Press in the dishwasher.

Tips:

Discoloration of the plastic parts may occur with brightly colored fruit and vegetables. To help prevent this, wash parts immediately after use. If discoloration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non abrasive cleaner. Do not soak the filter basket in bleach. Do not soak the motor base.

4. Wipe the motor base with a soft damp cloth and dry thoroughly. Do not use abrasive scouring pads or cleaners when cleaning the motor base as these may scratch the surface. Wipe any excess food particles from the power cord.

Damage Check

Always check that the appliance is in good working order and that all removable parts are secure. Check the power supply cord and plug regularly for cuts or damage.

Store in a Safe Place

When not in use store your appliance and all its accessories and instruction manual in a safe and dry place.

Specification

Voltage: 220-240V~
Frequency: 50Hz
Power Input: 400W
Protection Class: II

RECIPES

NOTE: The following recipes are for reference only. Many recipes can be found in cooking books or on the Internet. Do not be afraid to experiment to your own specific tastes.

Healthy Juices: 1-2 servings

Tangy Apple

- 1 Apple
- 1 Mandarin, peeled

Apricot Refresher

- 3 Apricots (with pits removed)
- 1 Cup Grapes

Apple - Cell

- 2 Apples
- 2 Celery Stalks
- 1 Carrot

Invigorator

- 2 Oranges, peeled
- 1/4 Fresh Pineapple, peeled

Juicy Juices

Melon Delight

- 1/2 Cup Cranberries
- 1/2 Honeydew melon, peeled
- 1 Teaspoon Sugar (optional)

Berry Spritz

- 2 Lemons, peeled
 - 1/4 Cup Blueberries
 - 1/4 Cup strawberries
 - 1/4 Cup Soda Water
 - 1 Tablespoon Sugar (optional)
- (After extracting juice, add soda water and sugar (optional)).

Rainbow Paradise

- 1/4 Fresh Pineapples, peeled
- 1/2 Cup Strawberries
- 1/2 Cup of Raspberries

Pine Berry Delight

- 1/4 Fresh Pineapple, peeled
 - 1/2 Cup Strawberries
 - 3 Scoops Frozen Vanilla Yoghurt
- Extract the juice from the strawberries and pineapple. Mix the strawberry/pineapple juice with the rest of the ingredients in a mixer.

Apple Pie Special

- 2 Apples
- Cinnamon to taste

Blueberry Dream

- 1 Orange, peeled
 - 1/2 Cup Blue Berries
 - 1 Banana, peeled
 - 1/2 Cup Low-Fat Natural Yoghurt
 - 6 Ice Cubes
- Extract the juice from the oranges and raspberries. Combine the orange and raspberry juice with the other ingredients in a mixer.

Baking Recipes

Delicious Carrot Cake

8 Carrots (or enough to obtain 1 & 1/2 cups of carrot pulp and 1/2 cup of carrot juice)
2 Eggs
1 Cup of Flour
1 & 1/2 Teaspoons Baking Powder
1/2 Teaspoon Cinnamon
1/2 Teaspoon Salt
1 Cup Granulated Sugar
3/4 Cup Vegetable Oil
2 Teaspoons Vanilla
1/2 Cup Chopped Nuts Confectioner's Sugar

Preheat oven to 160°C. Extract the juice from the carrots, measure out 1 & 1/2 cups of pulp and 1/2 cup of juice. Mix together the flour, baking powder, cinnamon and salt and put them aside. Mix eggs, sugar and vegetable oil in a medium sized bowl. Add the flour mixture, carrot juice and pulp in parts. Add the vanilla and nuts and stir. Pour the mixture into a 22.5cm greased baking mould and bake it for 35 to 40 minutes. When the cake has cooled, sprinkle it with confectioner's sugar.

Mandarin Muffins

2 & 1/4 Cups Flour
1 Cup Sugar
3/4 Teaspoon Baking Powder
1/2 Teaspoon Baking Soda
1/2 Teaspoon Salt
1/2 Cup Butter
200ml of Natural Yoghurt
3 Egg Whites
Pulp & Juice from 4 - 6 Mandarins

Stir the flour, sugar, baking powder, baking soda and salt together in a bowl. Add butter. Stir in the yoghurt, egg whites, mandarin pulp and mandarin juice. Pour the dough mixture into a greased or paper covered muffin sheet and bake the muffins at 160°C for 20-25 minutes.

Helpful Hints

Follow these suggestions to obtain the best results from your Juice Press.

- Do not place any fruit or vegetables in your Juice Press until power is switched on and the motor is spinning.
- Do not use bananas or avocados as they do not contain juice and will clog the appliance. Add them separately in a blender.
- Allow Juice Press to run for a few seconds before commencing juicing.
- Any fruit or vegetable that will fit the chute can be put through whole. The only time it is necessary to cut is when something is too large. Then it should be cut into large enough pieces to fit in the chute.
- Remove large pits such as peach, mango, etc., as they will damage the appliance.
- Do not force food into the Juice Press; allow food to pass through slowly and steadily using the pusher.
- Let the Juice Press run for a few seconds before switching off to allow any excess juice to be extracted from the pulp. Once switched off, wait until the appliance has come to a complete standstill and has fully cooled before disassembling.
- We do not recommend using overripe fruit as it will leave too much pulp in the filter and clog the appliance.
- Do not pour liquids into the appliance at any time unless you are following instructions for making soy, rice, or nut milk.
- When juicing herbs or wheat grass, wrap them in larger leafed vegetables such as spinach, cabbage, etc., and follow by a fruit or vegetable that contains an abundance of juice such as pineapple, apple, etc.
- When using small or thin fruits or vegetables, add more of them at the same time. For example, insert 2 or 3 carrots at a time into the chute for best results.
- Fibrous vegetables such as celery and denser vegetables such as beets should be chopped and fed slowly into the chute to reduce clogging.

Notes

Notes

G | S | M

Gerard Sourcing & Manufacturing

GSM International Ltd.

Consumer Service Centre : 1300 373 199

GSM International Ltd has a policy of continual improvement throughout the product range.
As such the unit contained within may differ slightly from the unit illustrated on the pack.

MADE IN CHINA for GSM International Ltd.



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