### SAVE THIS MANUAL

KEEP IT HANDY FOR QUICK REFERENCE AND PROPER CARE



### **Operation Manual** Model: SW-2000 / SW-1000





slowstar

TRİBEST.

# TABLE OF CONTENTS

Important Safeguards	4
• Warnings	5
Precautions	6
• Features	7
• Parts	8
How to Assemble	9
How to Use	10
How to Disassemble	12
How to Clean and Store	13
Tips for Silicone Parts	14
Troubleshooting	15
• Warranty	16
When You Need Service	18
Registration Form	20
Recipes for Juice	21
Specifications	29

# IMPORTANT SAFEGUARDS

### WARNINGS AND CAUTIONS



Death or serious injury may occur if the instructions WARNINGS are not followed



Physical injury or property damage may occur if the instructions are not followed.

### When using electrical appliances, basic safety precautions should always be employed, including the following:

- 1. Read all instructions.
- 2. To protect against the risk of electrical shock do not immerse the Main Body of the Slowstar in water or other liquid.
- 3. Close supervision is necessary when any appliance is used by or near children.
- 4. Unplug the Slowstar from the electrical outlet when not in use, before assembly or disassembly of parts, and before cleaning.
- 5. Avoid contact with moving parts.
- 6. Do not operate any appliance with a damaged power cord or plug. Do not operate if the Slowstar malfunctions or if the Slowstar is dropped or damaged in any manner. Contact the nearest authorized service facility for examination, repair, and/or electrical/ mechanical adjustments.
- 7. Do not use parts that are not recommended or sold by the manufacturer of the Slowstar, as it may cause fire, electric shock, or injury.
- 8. Do not use outdoors.
- 9. Do not let the power cord hang over the edge of a table or counter.
- 10.Do not let the cord come in contact with hot surfaces, including the stove.
- 11. Always make sure that the Feeding Chute Assembly is locked securely in place before turning on the Slowstar. Do not unfasten the Feeding Chute Assembly while the Slowstar is in operation.
- 12.Be sure to turn the switch to the 'OFF' position after each use. Make sure the motor stops completely before disassembling.
- 13.Do not put your fingers or other objects into the Slowstar openings while it is in operation. If food is lodged in the Feeding Chute, use the Plunger or another piece of fruit or vegetable to push the lodged food down. If the food is still lodged, turn the Slowstar off, unplugit, and disassemble the Slowstar to remove the remaining food.
- 14. Do not use the Slowstar if the Pulp Wiping Assembly is damaged.

# SAVE THESE INSTRUCTIONS

- Do not disassemble, fix, or alter the Slowstar; otherwise fire, electric shock, or injury may occur; contact the manufacturer for repair.
- When the cord or the plug is destroyed or damaged, do not plug it into an electrical socket. Contact a licensed electrician for repair; otherwise electric shock, short circuit, or fire may occur.
- Do not put a foreign obejct into any opening or hole in the Slowstar; otherwise fire, electric shock, or injury may occur.
- Do not place the Slowstar near a hot surface or pour water into the Main Body; otherwise electric shock or injury may occur.
- Close supervision is absolutely necessary when any appliance is used near children; improper handling or dropping of the Slowstar may result in injury or failure of the product.
- While the Slowstar is in use, do not disassemble or insert fingers/foreign objects into the Feeding Chute or Juice Outlet; otherwise injury or accident may occur.
- Do not plug/unplug the machine while your hands are wet; otherwise electric shock or injury may occur.
- Plug in the cord correctly; otherwise electric shock or fire may occur.
- Use only proper voltage electricity; otherwise, electric shock or fire may occur. Use a transformer when using a different voltage electricity.
- Do not bend or tie the cord by force. Do not jerk or place the cord near high temperatures. Do not place the cord under a heavy object or plug into a narrow place. Damage to the cord may cause electric shock or fire.

### WARNINGS



















# PRECAUTIONS

- The Slowstar must be operated on an even surface; otherwise injury or accident may occur.
- Do not place any foreign objects, such as forks, knifes, or spoons, into the juice outlet under any circumstances; otherwise injury or accident may occur.
- Do not move the Slowstar during operation; otherwise fire, electric shock, or injury may occur.
- If the Duoblade Auger stops while the Slowstar is in use, turn the switch to the 'REVERSE' position for 2-3 seconds; then push the 'ON' button. If the Slowstar is kept running when there is an overload, the motor may overheat and this may result in a malfunction.
- Do not assemble or disassemble the parts while in operation; otherwise a malfunction or injury may occur. Please assemble or disassemble the parts after stopping the Slowstar, and unplug the cord from the outlet.
- Do not use any utensil other than Plunger while inserting ingredients into the Feeding Chute; otherwise injury or accident may occur.
- Do not operate the Slowstar for more than 30 minutes at a time; otherwise the motor may overheat and a malfunction may occur. Please wait 5 minutes before operating the Slowstar again.
- Do not apply excessive impact on the Slowstar or drop it; otherwise electric shock, impairment, or fire may occur.
- Please unplug the Slowstar when not in use, and do not unplug it by pulling the cord, otherwise, injury, accident, or malfunctioning may occur.
- Stop operating the Slowstar if a strange noise, excessive heat, or smoke is noticed. Contact the distributor or warranty service center.
- The Slowstar weighs approximately 9 kg, and must be moved using both hands. You may drop the Slowstar by moving it with one hand, and injury or a malfunction may occur.
- Do not wash the Slowstar with water higher than 80°F because it may result in a malfunction or product variation.

### Slow juicing at approximately 47 RPM

The Slowstar extracts juice using a slow juicing mechanism to retain the maximum amount of nutrients and enzymes for a naturally healthier juice.

### • Mincing and Homogenizing with the Mincer Attachment (SW-2000 only)

With the Mincer Attachment, included with the SW-2000 (not included in SW-1000), mincing foods is easy and simple. Easily mince foods, from fruits and vegetables to meats and fish, to make sauces and meat balls.

### Double-Edged Duoblade Ultem Auger

Unlike ordinary vertical slow juicers, which have a single-bladed auger, the Slowstar is equipped with a unique Duoblade Auger, which has two blades to cut stringy vegetables, such as celery. The result is juicing with less jamming and improved juice quality with less pulp mixed into the juice.

### • Torque Power equivalent to a 9 HP motor

The powerful 200 watt motor and 3-stage reduction gear system produce the torque power equivalent to a 9 HP motor.

### • Easy to assemble & disassemble

The Auger Housing and Main Body detach easily for efficient cleaning and assembly.

### Additional Safety Switch

All parts must be assembled properly. The Feeding Chute Assembly and Auger Housing must be locked securely in place in order to turn on the Slowstar, assuring safe operation.

### • Virtually BPA-Free Ultem Duoblade Auger and Juicing Screen

- On/Off/Reverse Switch
- Full 10-year warranty

### PARTS

- 1 Plunger
- 2 Cleaning Brush
- ③ Feeding Chute Assembly
- 3a Mincer Lid
- 4 Double Edged Duoblade Auger
- 5 Juicing Screen
- 6 Pulp Wiping Assembly
- 7 Auger Housing
- (7a) Auger Housing for Mincer
- 8 Main Body
- 9 Juice Container & Pulp Container
- 10 Power switch

### 1 Additional Safety Switch Link

The Main Body, Auger Housing, and Feeding Chute Assembly must be assembled before the switch is turned on. (otherwise the Slowstar will not turn on)

**WARNING:** The Slowstar will not operate unless the Main Body, the Auger Housing and Auger Housing Lid are properly assembled with the inner safety switch locked in place.



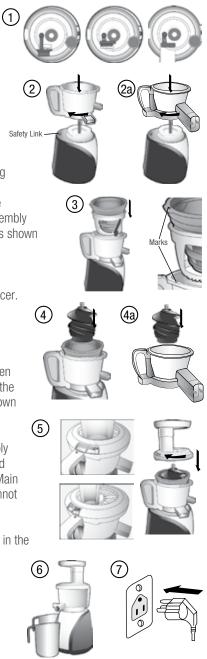
### HOW TO ASSEMBLE

- Insert the Pressure Plug (located at the bottom of the Auger Housing) by inserting it into the Pulp Outlet properly, as shown in the picture.
- Attach the Auger Housing or Auger Housing
   for Mincer to the Main Body. Rotate the housing clockwise towards the Safety Switch Link.
- (3) Place the Juicing Screen into the Pulp Wiping Assembly, then assemble the Pulp Wiping Assembly with the Auger Housing. Assemble the Auger Housing with the Pulp Wiping Assembly by aligning the marks on each of the units as shown in the picture.
- Place the Duoblade Auger into the center of
   the Juicing Screen or Auger Housing for Mincer.
- Assemble the Feeding Chute Assembly/ Mincer Lid. Match the marks on Feeding Chute Assembly/Mincer Lid to the marks on Auger Housing/Auger Housing for Mincer, then rotate the Feeding Chute Assembly towards the mark on the Handle of Auger Housing as shown on the picture.

**CAUTION:** Assemble the Feeding Chute Assembly last. If the Feeding Chute Assembly is assembled before the Auger Housing is assembled on the Main Body, the Auger Housing and the Main Body cannot be assembled.

6 Place the juice and pulp containers as shown in the picture. Both containers look identical.

(7) Plug the Power Cord into the power outlet.



# HOW TO USE

### 1. Prepare ingredients for juicing.

- Cut stringy, fibrous ingredients (such as celery or kale) into 4-5 inch pieces for best juicing results. For even better results, cut the ingredients to a width of 1 inch and insert the pieces one by one.
- Cut carrots into halves or quarters lengthwise before feeding them into the Feeding Chute.
- Cut fruits into small pieces so they can go smoothly through the Feeding Chute, and remove any big hard seeds.
- Feed the ingredients into the Feeding Chute piece by piece in order to properly extract juice without clogging.
- The amount of juice extracted would vary depending on the water content of the ingredient.
- Soak hard grains in clean water for about 4-8 hours before mincing, or it may cause overload damage to the Slowstar.

### 2. Turn on the Machine.

1) Check that the power switch is at the 'OFF' position. Then plug the cord into the wall outlet before turning it on.

\*Do not run the Slowstar without juicing or mincing foods for more than 1 minute. (It may wear out the Duoblade Auger and/or the Juicing Screen any may cause a malfunction.

\*Check that the Juice and Pulp Containers are properly placed at the base of the spouts to prevent juice or pulp leakage.

2) Push the switch to 'ON' position to start operation.



# 3. Insert clean ingredients into the Feeding Chute with the Plunger. Tips:

- Use the freshest ingredients possible for optimal juice extraction.
  - Soak refrigerated vegetables in drinking water for at least 10 minutes.
  - Soak pine needles in water for an hour before juicing.
  - Chop arrow root to smallest size possible in order to extract the juice.
  - In order to extract green angelica juice, use only the leaves or chopped stems smaller than 2cm.
- Remove seeds first when juicing fruits with hard seeds.
- While in use, the Slowstar may make some noise, which is normal.
- Please insert ingredients one by one, when switching to a different ingredient wait until the previous ingredient is fully extracted.

### NOTES AND CAUTION:

- It is best to drink the juice right after extraction.
- The Slowstar may be used for preparing seasonings (garlic or pepper), but when grinding grains, be sure to soak for least 4-8 hours (not doing so may damage the machine and cause malfunctions).
- Do not operate the Slowstar with wet hands, completely dry your hands before operating; otherwise an electric shock, short circuit, or fire may occur.
- Do not operate the Slowstar for more than 30 minutes continuously. Otherwise the motor may overheat and a malfunction may occur. Please let it rest for 5 minutes before continuing.
- Do not insert any utensils, knives, or fingers into the Slowstar. Please use the Plunger to push down the food. Placing foreign objects into the juicer may damage some parts of the machine, cause injury, or accident.
- Do not insert fruits without removing the seeds first. Hard seeds in the feeding chute may damage or cause the machine to malfunction.

### What to do when the machine stops working while in operation.

If the Slowstar stops in the middle of operation, please turn the switch to the 'OFF' position first. Turn the switch to 'REVERSE' position to disloadge the fruit or vegetable pieces that are stuck between the Duoblade Auger and the Auger Housing. Turn the switch to the 'OFF' position then to the 'ON' position. (Repeat this procedures up to 3 times or as many times as necessary). Upon releasing the 'REVERSE' button, the Slowstar will stop.

- While operating the Slowstar in the 'ON' position, please turn the switch to the 'OFF' position and wait until the Slowstar stops completely before using the 'REVERSE' function. If the Slowstar is switched to 'REVERSE' before the Slowstar stops completely, it may cause a malfunction.
- If the Slowstar still does not work, please turn the switch to the 'OFF', unplug the machine, disassemble the parts and clean it before trying to operate again.

### How to use the Mincing Attachment (SW-2000 Model Only)

- 1. Assemble the Auger Housing for Mincer with the Main Body. Rotate the housing clockwise towards the Safety Link.
- 2. Place the Duoblade Auger into the middle of the Auger Housing for the Mincer.
- 3. Match the Mincer Lid marks with the Auger Housing for Mincer marks, and then rotate the Mincer Lid towards the Auger Housing for Mincer handle marks to lock in place.
- 4. Place a container under the Outlet.
- 5. Put ingredients into the Feeding Chute.

# HOW TO DISASSEMBLE

- 1. Before turning off the Slowstar, remove the fibers in the Auger Housing simply by pouring 1 or 2 cups of water into the Feeding Chute after each use (Self-Cleaning).
- 2. Turn off the Slowstar first, then unplug the machine.
- 3. Disassemble the Feeding Chute Assembly first by rotating counter-clockwise (shown as 3 in the picture).
- 4. Disassemble the Auger Housing from the Main Body in the direction of 4a and 4b in the picture.

**CAUTION:** Only after disassembling the Feeding Chute Assembly can the Auger Housing be detached from the Main Body.

- 5. Disassemble the parts as the reverse sequence of assembling.
  - a) Disassemble the Feeding Chute Assembly by rotating it counter-clockwise.
  - b) Remove the Duoblade Auger.
  - c) Disassemble the Juicing Screen.
  - d) Remove the Pulp Wiping Assembly.

Please be aware that unless Slowstar is cleaned right after each use, residue may build up. This may lower the performance of the Slowstar or cause difficulties in cleaning.





### HOW TO CLEAN AND STORE

- 1. Please turn on the Slowstar and pour 1-2 cups of water into the Feeding Chute to clean out most of the pulp remaining in the housing.
- 2. Disassemble the parts.
- 3. Clean the disassembled parts under running water using the cleaning brush.
- Do not use a steel brush, abrasive solvent, or harsh cleaning agent.
- Do not use an automatic dishwasher or dish dryer.
- 4. Do not clean the Main Body with running water. Clean the Main Body with a damp, soft towel.
- 5. After cleaning each part, dry each part completely, and place it on a clean surface.

### TIPS:

#### 1. Order of Disassembly and Assembly

- Disassembly:
  - 1) Disassemble the Feeding Chute Assembly by rotating it counter-clockwise.
  - 2) Disassemble the Duoblade Auger Housing by rotating it counter-clockwise.
  - 3) Separate all parts in the Auger Housing.
  - 4) Clean all juicing parts with the Cleaning Brush under running water.
  - 5) Dry all parts completely.

### Assembly:

- 1) Assemble the Auger Housing on the top of the Main Body by rotating it clockwise.
- 2) Install the Pulp Wiping Assembly inside of the Auger Housing.
- 3) Insert the Juicing Screen into the Pulp Wiping Assembly.
- 4) Insert the Duoblade Auger into the Juicing Screen.
- 5) Assemble the Feeding Chute Assembly on top of the Auger Housing by rotating it clockwise.

### 2. If the Feeding Chute Assembly lid does not open after operation

• Press the switch to the 'REVERSE' position 2-3 times first, then press the switch to the 'ON' position to remove any residue that may be stuck between the Auger Housing and Lid.

# **TIPS FOR SILICONE PARTS**

-Silicone parts can be disassembled and washed.

- -Fully dry the silicone parts after washing.
- -Please check if the silicone parts are assembled correctly.

\*Juice may leak if you do not assemble the silicone parts properly.

### Silicone Blade

1. **Disassembly**: Hold the Tail portion (2 in the drawing) of the silicone blade and push upward to the middle (3 in the drawing) of the blade slot, then pull outward.

### 2. Assembly:

- 1) Insert the Head portion (1 in the drawing) into the middle of the blade slot in the Rotator (3 in the drawing), making sure the Silcone Blade groove and the Rotator blade slot groove fit together, and slide the Head upward .
- Insert the Tail portion into the middle of the blade slot, making sure the Silcone Blade groove and the Rotator blade slot groove fit together, and slide the Tail downward.

\*After inserting pull the Silicone Blade tabs on the inside to make sure it is securely assembled.

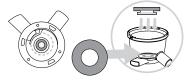
### • Sealing ring

- 1. Disassembly: Push from the bottom side of the Auger Housing (smaller silicone ring) for easy cleaning.
- Assembly: After it is thoroughly dried, put the sealing ring properly back in its place. Push the sealing ring (with the larger side facing up) back in place from the inside of the Auger Housing.

### • Pressure Plug

After washing, put the Pressure Plug in correctly as shown in the picture.







# TROUBLESHOOTING

Status	Checklist
The Slowstar does not work.	<ul><li>Check if the power cord is plugged in properly.</li><li>Check if all parts are assembled correctly.</li></ul>
Motor stops during use.	<ul> <li>Check if the power cord is plugged in properly.</li> <li>Check if all parts are assembled correctly.</li> <li>The Motor may stop if too many juicing ingredients are inserted at the same time, if this occurs, turn the switch to 'OFF' and then turn the switch to 'REVERSE' to unclog the materials. Then turn the switch to 'ON' to push the materials down. (Repeat this step 3 times.)</li> <li>Turn the switch to "OFF" and place the Main Body in a cool area. Let the Slowstar rest for an hour to cool the motor down and try turning the Slowstar on again.</li> <li>Remove all the hard seeds in the juicing ingredients before juicing. Hard seeds may break down the Juicing Screen and Duoblade Auger.</li> </ul>
Amount of juice is too little.	<ul> <li>Each food produces a different amount of juice depending on how fresh it is.</li> <li>To extract more juice, refrigerate ingredients, then soak for about 10 minutes in clean water before juicing.</li> <li>Check if the Pressure Plug is assembled properly.</li> </ul>
Juice Container is shaking in the middle of operation.	<ul> <li>It is completely normal if the juice container shakes a little bit during operation.</li> </ul>
Seems like the Duoblade Auger is grinding.	<ul> <li>Operating the Slowstar without feeding any food may cause the Duoblade Auger to grind.</li> </ul>
Hearing a lot of sounds coming from the Slowstar.	<ul> <li>Turn the switch to 'OFF' and check if the parts are assembled properly.</li> <li>Check if the Slowstar is operating on an uneven surface.</li> <li>There may be some squeaky friction noise while in use. This is a normal sound that occurs, and user should not worry about it.</li> <li>Check if juicing materials are cut to the right sizes.</li> </ul>
Juice is spilling out of the Slowstar.	<ul> <li>Check if pressure plug is assembled properly.</li> </ul>
After extraction, the color of the Juicing parts and Juice Container are different.	<ul> <li>Right after use, if the Slowstar is not cleaned, then it is more difficult to clean and may even cause reduced performance.</li> <li>Disassemble Silicone Blades and wash them separately.</li> </ul>
The Feeding Chute Assembly does not disassemble easily.	<ul> <li>Grab the Feeding Chute firmly and rotate it counter- clockwise with force.</li> </ul>

### WARRANTY

### PLEASE READ CAREFULLY

We warrant to you, the end-user customer who has properly registered after purchasing the Slowstar Juice Extractor for valuable consideration, that the Slowstar will be free from defects in materials and workmanship for a period of 10 years from the date of purchase. Some parts of Slowstar are considered to be consumable, and therefore not subject to normal warranty. These parts include but are not limited to the Duoblade Auger, Juicing Screen, Juice Container, Pulp Container, Cleaning Brush, Wiper Blade, Pressure Plug, Sealing Ring, and Plunger.

In order for you to receive the benefits of this warranty, you are required to register for warranty service by completing and mailing the warranty registration card to us within ten (10) days following the purchase of your Slowstar.

1. No warranty service will be provided until after we have actually received the proper registration, with all of the requested information, within ten (10) days of the date of the original purchase. The warranty is only provided to the original purchaser of the unit. This warranty is non-transferable.

2. If the Slowstar exhibits defects while in normal household use, we will, upon receipt of a written or verbal notice of such defects from you during the warranty period, either repair or replace, at our option, the Slowstar that has verifiable manufacturing defects. However, we have no such obligation to repair or replace the machine until after you have, by insured mail and in properly protective packaging\*, delivered the Slowstar to the location of your service center. Replacement Slowstar may be either new or like new. Repaired Slowstar may contain re-manufactured or re-conditioned parts, which are equivalent to new in performance or may have been subject to incidental use.

3. We do not warrant that the operation of the Slowstar will be uninterrupted or error-free. In no event shall our liability exceed the retail value of the Slowstar.

4. All warranty and repair services must be performed at a warranty service center that is located in the country where the Slowstar was originally purchased. However, in the event that: [I] the machine must be serviced at a service center that is not located within the country where the machine was purchased; or [II] there is no service center within the country where the machine is located and must be shipped to a service center in another country, then those service centers are responsible for the parts and service only, and any and all costs relating to the shipping, delivery and handling of the machine to and from those service centers shall be the sole responsibility of the Slowstar owner.

5. This Warranty does not cover;

1) damages resulting from: (a) failure to operate the Slowstar in accordance with the instructions (b) use of parts or supplies not provided or authorized by the manufacturer (c) negligent, improper or inadequate maintenance (d) service performed or attempted by unauthorized service person (e) damages, accidental or otherwise to the Slowstar, which are not directly caused by the manufacturer (f) damages resulting from abuse, tampering, misuse, commercial use, or unauthorized modification of the Slowstar.

2) damages caused by improper electrical connections.

3) ordinary wear and tear on consumable parts including but not limited to the Duoblade Auger, Juicing Screen, Juice Container, Pulp Container, Cleaning Brush, Wiper Blade, Pressure Plug, Sealing Ring and Plunger.

WE MAKE NO OTHER EXPRESS OR IMPLIED WARRANTY OR CONDITION WHETHER WRITTEN OR ORAL. TO THE EXTENT ALLOWED BY LOCAL LAW, ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE OR IMPLIED WARRANTY OR CONDITION OF MERCHANTABILITY IS LIMITED TO ONE (1) YEAR. In the event that such limitation or exclusion on the duration of an implied warranty is not allowed in the state or county wherein you reside, the above limitation or exclusion may not apply. This warranty gives you specific legal rights and protection, and you may also have other rights that vary from state to state, or county to county.

TO THE EXTENT ALLOWED BY LOCAL LAW, THE REMEDIES IN THIS WARRANTY STATEMENT ARE YOUR SOLE AND EXCLUSIVE REMEDIES. EXCEPT AS INDICATED ABOVE, IN NO EVENT WILL WE BE LIABLE FOR DIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL (INCLUDING LOST PROFIT), OR OTHER DAMAGE, WHETHER BASED IN CONTRACT, TORT, OR OTHERWISE. Some states or counties may not allow the exclusion or limitation of incidental or consequential damages. If you reside in such a state or county, the above limitation or exclusion may not be applicable.

Do not send your Slowstar back to the warranty service center without return authorization. For a return authorization number (RMA No.), *please contact us via email at:* service@tribest.com or call 888-254-7336 in the USA or 714-879-7150 for oversea countries.

\*Save Original Shipping Box

### WHEN YOU NEED SERVICE

In the unlikely event that you need service on your Slowstar, or if it fails to function properly while within the warranty period during normal household operation, contact the Slowstar Warranty Service Center. For all service inquiries, please first contact the Slowstar Warranty Service Center for a return merchandise authorization (RMA) number and proper routing instructions.

### Slowstar Warranty Service Center

Tribest Corporation 1143 N. Patt St. Anaheim, CA 92801 TEL: 888-254-7336, FAX: 714-879-7140

### If You Need Service:

- Call the Slowstar Warranty Service Center (888-254-7336) to get a Return Merchandise Authorization (RMA) number to send your Slowstar to the service center. Returns will NOT be accepted without an RMA number clearly written on the box.
- Pack your Slowstar securely in the original shipping box. Make sure all affected parts are enclosed.
- Fill out the service request form and enclose it in the shipping box.
- Seal the shipping box securely with packing tape.
- Address the box to the Slowstar Warranty Service Center. Be sure to put your return address on the outside of the package.
- It is always wise to insure the package against possible damages or loss in transit. Ship prepaid.

First Name	Last Name
Address: Street	Apt #
City	StateZip
Phone	
Serial #	Model #
Date of Purchase	Place of Purchase
Name of parcel/post carrier (In case	of damage during delivery)

	here
Slowstar® Registration	
TRIBEST CORP.	
U.S.A.	
	TRIBEST CORP. P.O. Box 4089 Cerritos, CA 90703

put glue here to seal		
SLOWSTAR <sup>®</sup> REGISTRATION FORM PLEASE FILL OUT AND RETURN WITHIN THE NEXT IO DAYS Please write all information legibly!		
1. Customer Information		
First Name	Initial Last Name	
Street	Apt. No	
City	_ State Zip	
Phone	_ Email Address	
2. Date of Purchase: Month	_ DayYear	
3. Product Information: Slowstar Model #:	Serial #:	
4. Dealer Information Dealer Name		
Dealer Address		
Phone		

# **RECIPE INDEX**

Based on the food's freshness and amount of moisture, juice extraction results may vary.

### JUICER RECIPES

Citrus Blend	22
Apple Lemonade	22
Wheatgrass Delight	
Ambrosia Nectar	
Watermelon Quench	
Mellow Melon Punch.	23
Snappy Apple	
• Dr. Walker's Choice (#61)	
• Green Tang	
Oriental Express.	

### MINCING RECIPES (SW-2000 model only)

Rye Raw Breadstick	
Mochi (Rice Cake)	
Cashew-Curry Croquettes	
Pecan Pleasers.	
Cashew Poppy	
Banana- Blueberry Ice Cream Pie (Uncooked)	26

### **JUICER RECIPES**

### **Citrus Blend**

2 small grapefruits (peeled and cut into 4 to 6 pieces)
3 medium sized oranges (peeled and cut into 4 pieces)
½ small lemon (peeled and cut into 2 pieces)
½ small lime (peeled and cut into 2 pieces)
Note: 1) For sweeter taste – use less lemon and lime
2) It is not necessary to peel the lemon or lime

Method: Juice all together and enjoy.

### Apple Lemonade

3 farm apples (Yellow Delicious, Pippin, or Granny Smith) 3 medium sized oranges (Peeled and cut into 4 pieces) ½ lemon (Peel is optional for sweeter flavor)

Method: Juice all together and enjoy.

### Wheatgrass Delight

4 handfuls wheatgrass 4 carrots (Cut in 2 to 4 pieces) 1 firm apple (Cut into 6 pieces) Thin slice Ginger

Method: Juice all together and enjoy.

### Ambrosia Nectar

2 bunches of grapes
3 apples (Yellow Delicious, Granny Smith, or Pippin –cut into 6 pieces)
1 kiwi (peeled and cut into 2 pieces)
1 slice honeydew (cut into cubes)
1 slice pineapple (cut into cubes)
1 whole lemon (peeled and cut into 4 pieces)
½ cup cranberries

### Method:

- 1. Alternate juicing grapes, kiwi pieces, melon cubes, pineapple cubes, apple pieces, and cranberries.
- 2. Juice lemon separately and add to taste.
- Note: Quantities of ingredients may be varied with good results. Do not be afraid to experiment according to your own taste.

### Watermelon Quench

1 Watermelon with seeds - if organically grown, add rind also

### Method:

1. Slice watermelon into pieces that fit easily into the feeding chute of the juicer.

2. Juice and enjoy.

### Mellow Melon Punch

1/4 cantaloupe (cut into cubes)

- 1/4 honeydew (cut into cubes)
- 2 slices of watermelon (cut into cubes)

### Method:

Juice all together and enjoy.

### **Snappy Apple**

7 apples (Fuji, Granny Smith, Yellow Delicious- Cut into 4 to 6 pieces) ½ jalapeño ¼ lime 1 kiwi

### Method:

- 1. Juice kiwi and lime first.
- 2. Next juice jalapeño.
- 3. Finish by juicing the apples.

### Dr. Walkers Choice (#61)

10 oz. Carrots (Cut into 4 pieces) 6 oz. spinach

Method: Alternate juicing spinach and carrots.

### Green Tang

2 pineapple wedges (cut into smaller pieces)
1 sprig of mint
3 handfuls of wheatgrass
1⁄4 lemon
1 slice of ginger for flavor

### Method:

- 1. Juice wheatgrass.
- 2. Juice the mint.
- 3. Juice lemon.
- 4. Juice pineapple cubes.

Note: Pineapple wedge is a 1 round slice of whole pineapple cut into quarter pieces). If pineapple is not organically grown, remove the outer skin before juicing.

### **Oriental Express**

- 3 leaves of Napa cabbage- cut lengthwise
- 4 stalks of Bok Choy with leaves cut lengthwise
- 2 stalks of anise (Fennel) with green stem and leaves
- 6 medium carrots (cut into 4 pieces)
- 2 apples (Yellow Delicious, Fuji or Granny cut into 4 to 6 pieces)

### Method:

- 1. Juice Napa cabbage, Bok Choy, and fennel first.
- 2. Juice apples second.
- 3. Juice carrots into the rest of the juice.

# MINCER RECIPES (SW-2000 model only)

#### Rye Raw Bread

- 2 cups of rye (soak overnight)
- 1/2 cup of sunflower seeds (soak overnight)
- 2 tablespoon of caraway seed
- 1/2 teaspoon of sea salt

Method (use Mincing Attachment):

- 1. Mix all ingredients together in a bowl.
- 2. Feed into machine a little at a time.
- 3. Collect and shape into pretzels, braided together, etc. for a variety of shapes.
- 4. Dry in the dehydrator until crisp. Can be served with dips, soups, etc.

### Mochi (rice cake)

- 2 cups of steamed rice (medium grain Calrose rice recommended)
- 1 tablespoon of extra virgin olive oil

Method (use Mincing Attachment)

- 1. Prepare steamed rice.
- 2. Add olive oil into the feeding chute while running the machine.
- 3. Feed your steamed rice into the feeding chute.
- 4. Collect rice cake coming out of the Homogenizer and shape it in round stick.
- Note: Before processing, mix spices such as minced garlic or onion with the rice to flavor your rice cake. Slice the rice cake into diagonal slices. Dehydrate them and add to your soup.

### **Cashew-Curry Croquettes**

- 2 cups of cashew
- 1 cup of sprouted wheat
- 3 tablespoon of curry paste (Available from Gourmet Food Shops)
- 1 teaspoon of Vege-salt

Method (Use Mincing Attachment)

- 1. Put the cashews and sprouted wheat berries into the Feeding Chute.
- 2. Add curry paste and Vege-salt a little at a time while texturizing.
- 3. Collect the texturized mixtures.
- 4. Mix together by hand or with a wooden spoon.
- 5. Form into croquettes and garnish with tomatoes, radish and cucumber.

### Pecan Pleasers

2 cups of pecan
1 cup of sprouted wheat berries
¼ cup of Spanish onion
1 teaspoon of poultry seasoning
½ teaspoon of Vege-salt

Method (Use Mincing Attachment)

- 1. Put pecans, wheat berries, and onion into the Feeding Chute.
- 2. Collect mixture in a bowl.
- 3. Add the poultry seasoning and Vege-salt.
- 4. Mix thoroughly by hand or with a wooden spoon.
- 5. Shape into small wafers and serve on cucumber slices with tomato or avocado on top.

#### **Cashew Poppy**

- 1 cup sprouted wheat berries
- 1/4 cup of poppy seeds
- 1/4 cup of sunflower seeds
- 1 cup of cashew
- 1/2 teaspoon of vanilla
- 4 tablespoon of honey

### Method (Use Mincing Attachment)

- 1. Soak wheat berries for 12 hours for the sprout tips to emerge.
- 2. Soak sunflower seeds for 6 hours.
- 3. Homogenize the wheat berries, sunflower seeds, cashew and poppy seeds by inserting them into the feeding chute.
- 4. Collect the mixture into a bowl.
- 5. Add vanilla and honey and mix together.
- 6. Roll into balls and place on a plate.

### Uncooked Banana- Blueberry Ice Cream Pie

- 1 cup of soaked almonds
- 1/2 cup of sesame seeds
- 1 cup of cashews
- 1/2 cup of raisins
- 1/2 cup of dates
- 1/2 cup of pecans

- 1 tablespoon of vanilla
- 2 tablespoon of honey
- 7 frozen bananas (without skins)
- 1 ½ cup of frozen blueberries
- 1 kiwi
- 2 large strawberry (sliced)

### Method (Use Mincer)

- 1. Grind almonds, cashews, sesame, pecans, dates, and raisins together.
- 2. Mix in the vanilla and honey; knead to form dough: them press into a 9-inch pie dish to form a crust. Let crust sit for 3 to 4 hours or place in a food dehydrator for about 45 minutes.
- 3. Grind frozen bananas and frozen blueberries together to make ice cream.
- 4. Put ice cream into the crust, top with slices of strawberries and kiwi. Slice and serve.

# **SPECIFICATION**

PRODUCT	Juicer
MODEL	SW-2000, SW-1000
VOLTAGE	120V~, 60Hz
POWER CONSUMPTION	200W
RPM	47
TORQUE POWER	9.4 HP
MAXIMUM USE	Less than 30 minutes continuously
CORD LENGTH	51 in.
NET WEIGHT	19 lbs.
DIMENSION	190(W) x 225(L) x 460(H) mm
COMPRESSION TYPE	Low Speed Compresson
WARRANTY	10 Years



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