



**CULINARYPREP™**

# CulinaryPrep User's Guide



**Better Taste. Better Health.**



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# Important Safeguards & Consumer Safety Information

**When using electrical appliances, basic safety precautions should be followed, including the following:**

- Read all instructions before operating or using this appliance.
- To protect against electrical hazards, do not place the electrical cord, vacuum hose, or unit into or under water. See instructions for cleaning.
- Do not leave the appliance unattended while it is in operation.
- Close supervision is necessary when any appliance is used near children.
- Unplug from outlet when not in use, and before moving or cleaning.
- Do not operate any appliance with a damaged cord, or plug, or if the appliance has been damaged in any manner. Return appliance to an authorized service facility for examination, repair, or adjustment.
- Do not use outdoors.
- Do not allow cord or hose to hang over the edge of counter, or come in contact with hot surfaces.
- Do not use this appliance for other than its intended use.
- Do not attempt to move the unit while it is in operation.
- Use only accessories or attachments recommended by CCS, Inc.
- Do not put items other than foods, water, and seasonings into the drum.
- Do not store the drum with vacuum drawn in the refrigerator or freezer.
- Do not use the drum in an oven or on top of the stove.
- Do not install drum into the unit if the vacuum is leaking. For information on examination, adjustment, or repair advice, email us at [info@culinaryprep.com](mailto:info@culinaryprep.com).

**SAVE THESE INSTRUCTIONS**

## **GROUNDING INSTRUCTIONS**

This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a grounding-type 3-wire cord (3-prong plug). This type of plug will only fit into an electrical outlet made for a 3-prong plug. If the plug should fail to fit, contact a qualified electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the grounding pin by modifying the plug in any way.

## **EXTENSION CORDS**

Use only 3-wire extension cords which have 3-prong grounding-type plugs and 3-prong cord connectors that accept the plug from the appliance. Use only extension cords having an electrical rating not less than the rating of the appliance. Do not use damaged extension cords. Examine extension cord before using and replace if damaged. Keep cord away from heat and sharp edges.



# Introduction

**Congratulations!** You have just purchased what will become an important appliance and first step in your food preparation process.

The Centers for Disease Control estimates there are 75 million cases of food-caused disease in the US every year. Food borne pathogens are affecting ground beef, seafood, poultry and produce at an increasingly alarming rate. In fact, there have been five major outbreaks of food borne illness linked to produce in the US in the last 15 months. It's no wonder that over 60% of Americans today state they don't believe our food supply is as safe as it used to be in the past.

**Introducing CulinaryPrep™**—the first home kitchen appliance that applies a patented process to prepare your foods, prevent food borne illnesses and protect your personal food supply while enhancing the flavor of your meat, fish, poultry and produce. Independent studies prove that the CulinaryPrep's patented food preparation process reduces the level of bacteria in meat, fish, chicken and produce up to **99.5%**. That's millions of illness-causing bacteria killed in minutes—leaving you to enjoy your meals and stop worrying today!





# CulinaryPrep at a Glance



## AC Adaptor & Vacuum Hose

Open the door on the top of the CulinaryPrep unit to remove the electrical cord and access the vacuum hose.



## Prep Drum

As food tumbles in the Prep Drum, the internal Grovac Rib™ tenderizes while the tumbling action and neutralizer/prep solution or marinade attack the bacteria chemically and mechanically while infusing food with flavor.



## Prep Drum Lid

Rotate top a quarter turn to engage the threads and secure the lid. Use lateral pressure when tightening the lid versus pressing down on the lid to tighten.



## Finger Valve

Insert the vacuum hose into the opening of the finger valve on the lid of the upright drum. Make certain the valve is in the fully up and open position.



## Control Panel

Use the buttons on the control panel to start the vacuum process and set the recommended tumbling time as specified in the CulinaryPrep Preparation Guide.



## Vacuum Gauge

The vacuum process is complete when the indicator on the vacuum gauge is in the green zone.



## Base Unit

When the desired vacuum has been achieved, turn off the vacuum pump, detach the hose from the finger valve, and place the drum horizontally back onto the drum base. Then tumble for recommended time.



- Kitchen counter top unit that easily fits under your cabinets (product dimensions: 18.5" wide X 11.25" high X 11" deep)
- No assembling required – easy to set up, easy to use
- Drum holds approximately 5 pounds of meat, poultry, fish or produce and fits:
  - 2 whole chickens or 6-8 chicken pieces (ex: chicken breasts, thighs, drumsticks)
  - 4-6 beef or pork filets or chops
  - 8-10 1" thick beef or pork steaks
  - several large fish filets
  - several cups of fresh produce
- Push button control panel is easy to use and keep clean
- Digital display control offers easy setting of tumble time
- Ultra high-power vacuum pump produces superior results
- Removable Grovac Ribs™ for ease of cleaning and versatility
- Dual Grovac Ribs™ for use in marinating delicate and small items
- Safety feature prevents pump from operating when drum is turning
- Drum is dishwasher safe for easy cleaning



# CulinaryPrep Health Benefits

Practicing a healthier lifestyle can not only extend your life and that of your family, it can also improve your quality of life. Eating a balanced diet, exercising every day and getting more rest will not only make you feel physically better—it will also give you a sense of control over your life that enhances your mental health.

While eating a healthy diet can improve your overall health and wellness, it is important to note that even healthy foods can sometimes cause illnesses if they aren't prepared properly. Food that hasn't been cleaned, cooked or stored properly can become home to food borne bacteria and viruses that may make you sick.

CulinaryPrep provides the first true opportunity for you to take an active role in improving the quality and safety of your personal food supply, including fresh meat, fish, poultry and produce. With its patented preparation process, CulinaryPrep provides the necessary tool for your kitchen to ensure the quality of your food and your health. By using CulinaryPrep as a preparation step between the purchase of your food and the serving of that food to you and your family, you can achieve the following health benefits:

- **Eliminate bacteria up to 99.5%**
- **Reduce total fat levels**
- **Reduce free radicals often associated with cancer**
- **Promote clean, fresh flavor**
- **Reduce calories**
- **Decrease sodium levels**
- **Tenderize food**
- **Improve texture of food**
- **Extend food shelf life**





# How to Set Up

- 1** Place your CulinaryPrep box on a counter, table or other clear surface. You will need a little extra room to unpack your new purchase.
- 2** Lift the two pieces of Styrofoam holding the CulinaryPrep unit out of the box and place on the counter.
- 3** Remove the base unit and drum from inside the Styrofoam packing. Place the two pieces on the counter.
- 4** Open the door on the top of the CulinaryPrep unit and remove the electrical cord and plug your new unit into any AC wall socket.
- 5** Check the drum and make sure the Grovac Rib™ insert is properly inserted in the drum. (*Refer to “Steps in Detail #1” on page 11.*)
- 6** Turn the CulinaryPrep unit on and you are ready to tumble.

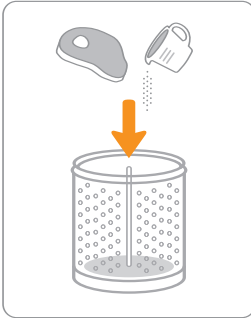




# How to Prepare Your Food

## STEP

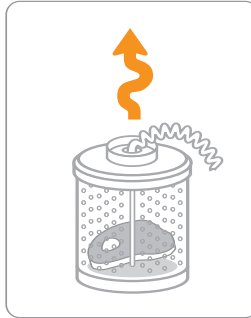
1



Place food and neutralizer or marinade into drum

## STEP

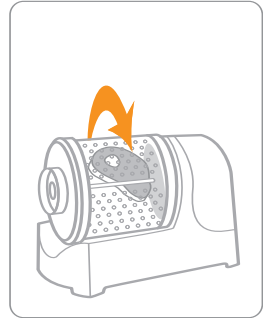
2



Insert vacuum hose and activate the vacuum pump

## STEP

3



Place drum on base and tumble for recommended time

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**TIP!** To determine the optimal tumbling time for your food, whether you are using the all-natural neutralizer/prep solution or one of our custom-made CulinaryPrep Marinades, please refer to the **CulinaryPrep Preparation Guide** included with this manual.

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### Steps at a Glance

First, decide if you wish to highlight the natural taste and freshness of your food with the neutralizer/prep solution or if you would like to accent and enhance the natural taste with one of our chef-prepared custom marinades. Once you have made this decision, the rest is as easy as 1, 2, 3!

Simply place your food, the all-natural neutralizer/prep solution or marinade and water into the CulinaryPrep drum, activate the vacuum pump to remove air from the barrel, then tumble for recommended time to remove 99.5% of the contaminants while also enhancing the taste and flavor of your food.

Once the tumbling is done, remove the contents and cook, or freeze your prepped food for later use!

## Steps in Detail

- 1** Place empty drum upright on work counter with top lid removed. (Make certain that the Grovac Rib™ insert is properly installed in drum. The Ribs must be inserted with the curved ends at the top of the drum.)
- 2** Place neutralizer/prep solution or marinade, water and food into the drum. (Follow instructions on package, adding 64 oz of water.)
- 3** Place lid back onto the drum. (Rotate top a quarter turn to engage the threads and secure the lid. Use lateral pressure when tightening the lid versus pressing down on the lid to tighten. This may take a second try to ensure the lid has locked properly.)
- 4** Insert the vacuum hose into the opening in the finger valve on the lid of the upright drum. (Make certain that the finger valve is in the fully up and open position.)
- 5** With drum upright, turn the vacuum pump on and allow vacuum to run until the indicator on the gauge is in the green zone. **(Do not tip drum while drawing vacuum as marinade will be drawn into the pump, compromise the pump and void your warranty.)**
- 6** When the desired vacuum has been achieved, rotate the valve down to seal the vacuum, turn off the vacuum pump, and detach the hose from the finger valve. Place the vacuum hose back into the base unit.
- 7** Place the drum horizontally back onto the base with the drum lid facing away from the base unit.
- 8** Set timer to recommended tumbling time as specified in the CulinaryPrep Preparation Guide. Press the rotate button to begin tumbling.
- 9** After tumbling ends, remove drum from base unit and place drum upright on counter with lid up.
- 10** Open finger valve to release vacuum pressure. After the vacuum has been fully released, rotate and remove the lid.
- 11** Remove meat, fish or produce from drum and cook, or place in container and refrigerate or freeze for later use. Discard used solution/marinade.

### **IMPORTANT – PLEASE NOTE:**

Do not tip drum while drawing vacuum as the neutralizer/prep solution or marinade will be drawn into the pump, compromise the pump and void your warranty.



# Care & Cleaning

## Rinse, wipe and put in the dishwasher

- 1** Important! Always clean your CulinaryPrep drum and base unit after each use.
- 2** Rinse the empty drum and top lid in hot water and soap.
- 3** Place the drum, lid and Ribs in the dishwasher or clean by hand with hot water and dishwashing detergent.
- 4** Wipe down base unit with hot water and dishwashing detergent. You may also use disinfectant wipes.

### **IMPORTANT – PLEASE NOTE:**

Unplug before cleaning base and do not immerse the CulinaryPrep base in water or any other liquids!



# Warranty & Service Information

Creative Culinary Solutions, Inc. (CCS) warrants this product to the customer for a period of one hundred eighty (180) days from the date of the original purchase. This warranty is non-transferable if the product is sold to an individual other than the original purchaser. This warranty does not cover defects resulting from normal usage of the product.

Manufacturer's obligation under this warranty is limited to replacing or repairing the unit and/or any parts that within the warranty period are returned to Manufacturer and that are found by Manufacturer to be defective in materials or workmanship. This warranty is void if the product has been subject to accidents, misuse, abuse, incorrect set-up, acts of God (including but not limited to: power surges, lightening strikes or damage by animals) or any modifications to the product made by the customer.

If the product is found to be defective during the warranty period, Creative Culinary Solutions' entire liability will be limited to repair or replacement of the unit at the expense of CCS. No other warranties, whether expressed or implied, including warranties of merchantability and fitness for a particular purpose, shall apply to the product.

If warranty service is required, email Customer Service at **info@culinaryprep.com**. Please note the details of your request for repair or replacement and the date of the purchase. You will be asked to provide proof of purchase with date before your unit will be repaired or replaced.

The customer may be responsible for the shipping and handling costs of returned product and any required replacement parts. You will receive detailed instructions on how to carefully pack and ship the product back to the Manufacturer.

Upon expiration of the warranty, such liability shall terminate. There are no other warranties, expressed or implied, pertaining to this product.



# Company Information

CulinaryPrep™ is a trademark of Creative Culinary Marketing Solutions, LLC. Grovac™ and Grovac Ribs™ are trademarks of Grovac Systems International, Inc.

CulinaryPrep is manufactured by:  
Creative Culinary Solutions, Inc. (CCS)  
719 Wexford Way  
Hartland, WI 53029

LICENSE AGREEMENT: This product is licensed for consumer home use. By opening any marinade package contained in this carton, the user of the ingredients contained therein acknowledges and accepts a limited license under United States Patent Nos. 5,543,163 and 6,896,921 and other patent(s) pending to use the patented Grovac Process for individual household use to process the specific number of pounds of the specific food product indicated on the marinade package.

For more information on your CulinaryPrep home unit, visit our website at [www.culinaryprep.com](http://www.culinaryprep.com)





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