

NUTRI-STEAMER

Instruction Manual



Register this and other Focus Electrics products through our website: www.registerfocus.com

Operating Precautions	. 2
Before Using for the First Time	. 2
Steam Juicing With the Nutri-Steamer	. 2
Other Uses for Your Nutri-Steamer	. 5
Helpful Hints	
Cleaning Your Nutri-Steamer	. 6
Recipes and Ideas	. 7
Warranty	15

SAVE THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE

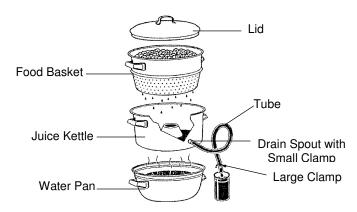


OPERATING PRECAUTIONS

To prevent personal injuries, read and follow all instructions and warnings.

- The steam is scalding hot, use extreme caution!
- Close supervision is necessary when this appliance is used by or near children.
- Do not leave unattended.
- Oven mitts or heat-resistant gloves are recommended when handling the hot Nutri-Steamer.
- Never let the pan boil dry. If excessively overheated, like most cookware, the bottom may warp or melt. Should melting occur, do not attempt to remove the water pan from the burner until it has cooled.
- Be extremely cautious of steam when removing cover. Lift cover slowly, directing steam away from you and let water drip into steamer.

SAVE THESE INSTRUCTIONS



BEFORE USING FOR THE FIRST TIME

Please check all packaging material carefully before discarding. Many accessory parts are contained within the packaging material.

Wash the Nutri-Steamer in warm, soapy water before each use. Pay special attention to hard-to-reach areas. Thoroughly clean the drain tube and juice kettle. Keep your work area, all equipment, and utensils clean.

STEAM JUICING WITH THE NUTRI-STEAMER

- 1. Fill the water pan with 4 or 5 quarts of water (about ¾ full) and place on the stove on "HIGH." When the water starts to boil, reduce the heat to medium or medium-high making sure the water continues to boil. NOTE: When using on a smooth top stove, the water pan will not sit flat and may rock. This is normal. When water boils, turn temperature down to "MEDIUM."
- 2. Push the drain tube on to the drain spout as far as possible and secure with the small clamp. Pinch the large clamp and place the tube between the bars. For optimal results, ensure that the tube is pinched between the bars as close to the L-shaped stop as possible. Place the clamp at the midpoint of the tube. Set the juice kettle on the water pan.

- 3. Place the colander filled with the fruit on top of the juice kettle and cover.
- 4. When the steam begins to escape from the upper portion of the steamer, start timing. Make sure the water continues boiling and producing steam.
- 5. Wash all jars and sterilize in a 200 °F (93.3 °C) oven for 15 minutes. Sterilize caps and lids before use.
- 6. Before filling the jars with juice, place the jar to be filled in a baking pan or tray. The tray will catch any drips or spills.
- 7. After 40 minutes, you may begin filling the jars. Place the end of the drain tube in the hot, sterilized jar and press the clamp to release the juice. CAUTION: Use extreme care when filling jars, the juice will be scalding hot. Keep children away and use oven mitts or heat-resistant gloves when handling hot bottles.
- 8. Pour the first quart of juice back into the juice kettle to even out the sweetness and sterilize the drain tube. **Note:** If the fruit is quite juicy and has steamed for longer than 45 minutes, the juice could overflow from the juice kettle into the water pan. Complete the juicing process until the end of the steaming period.
- 9. Fill the jars within 1/4" of the jar top. Seal immediately with sterilized lids.
- Place the sealed jars in a hot water bath of 190°F (87.7°C) for 15 minutes.
 Note: Use heat-resistant gloves or a jar lifter to remove the jars from the hot water.
- 11. Place the hot jars on a towel in a draft-free area and let cool. After 24 hours, check the seals and store in a cool, dry, dark room.
- 12. If the juicing procedure is repeated, more water will have to be added to the water pan. **Note:** Never let your Nutri-Steamer water pan boil dry.

Juicing Timetable Processing times may vary according to fruit, variety, ripeness, and		
altitude.		
Apples	90 minutes	
Apricots	60 minutes	
Blackberries	60 minutes	
Cherries	60 minutes	
Crabapples	90 minutes	
Cranberries	70 minutes	
Currants	60 minutes	
Elderberries	60 minutes	
Gooseberries	80 minutes	
Grapes	60 minutes	
Peaches	60 minutes	
Pears	80 minutes	
Plums	60 minutes	
Prunes	80 minutes	
Raspberries	60 minutes	
Rhubarb	70 minutes	
Strawberries	60 minutes	
Tomatoes	60 minutes	

Special Instructions:

TOMATO JUICE: After filling the jar with plain, hot tomato juice, add 2 teaspoons of lemon juice or vinegar per quart leaving a ½" space at the top. Seal and put in a boiling water bath for 15 minutes for quarts and 10 minutes for pints. For thicker juice, stir occasionally as they steam, or put juice and pulp through a blender.

OTHER VEGETABLE JUICES: Any juices containing vegetables, except plain tomato, need to be bottled and sealed. Place in a pressure cooker for 30 minutes for quarts and 20 minutes for pints at 10 pounds of pressure.

GRAPE JUICE: Rinse grapes well and pile into the food basket.

OTHER USES FOR YOUR NUTRI-STEAMER

Blanching: Use your Nutri-Steamer to blanch foods for freezing. Boil water in the water pan, place food basket into water pan, then cover. When the steam escapes, put the vegetables in the food basket, cover and steam. Use less water to steam blanch and more water for water bath blanching. Steam Blanching takes longer than water bath blanching.

Times for Steam Blanching Vegetables		
Asparagus	2-4 minutes	
Beans, green	4 minutes	
Broccoli	5 minutes	
Brussels Sprouts	5 minutes	
Corn, on the cob	8-12 minutes	
Corn, whole kernel	5 minutes	
Eggplant	5 minutes	
Peas	3 minutes	
Peppers	2½ minutes	
Pumpkin	10 minutes	
Squash	10 minutes	
Zucchini	5 minutes	

Note: Fill the food basket no more than half full. Cool steamed vegetables in ice water, drain, package, and freeze.

Steam Cooking: Bring water to a full boil in the water pan. Place vegetables in the food basket and set on the water pan. Steam until the vegetables are warm and tender. When steam cooking, ensure that there is enough water that the pan will not boil dry, but do not immerse food in water.

Times for Steaming Fish and Seafood		
Clams	3-5 minutes	
Crabs	8-10 minutes	
Crawfish	5-6 minutes	
Lobster	12-15 minutes	
Mussels	3-5 minutes	
Shrimp	3-5 minutes	
Trout	10-12 minutes	

Note: For fish thicker than 2 inches, cut the fish in half along the backbone, or slice the fish into uniform pieces.

Puddings, fruitcakes, and breads are easily steamed in your Nutri-Steamer, too! The Nutri-Steamer's 7 quart water pan is an ideal soup pot and roaster that works great for boiling, stewing, and simmering.

HELPFUL HINTS

- Always check jars for nicks and cracks before using.
- Always use fresh, ripe berries and fruit. Carefully wash fruit to remove dirt from cracks and crevices. Check for blemishes and remove them as needed. Rinse well. Apples and large fruits do not need to be peeled or cored, but will extract juice quicker when cut into pieces. Washing grapes and berries is not necessary, just rinse them well and remove the overripe ones.
- The fruit can be prepared with or without sugar. For a sweeter tasting juice, add approximately 1/4 to 1/2 cup of sugar per pound of fruit. Sprinkle the sugar throughout the fruit in the colander. Do not add the sugar directly to the jars.
- To sweeten with honey, dissolve desired amounts in a few tablespoons of hot water and add to the juice just before serving.
- To get a clear juice, do not touch the fruit in the food basket during the
 processing time. For a pulpy juice, stir fruit after the contents have become soft
 and mushy.
- **YIELDS:** What you get out of the Nutri-Steamer depends entirely on what you put into it. There is a big difference in the juice contents of fruit.

High Yield – Apricots, Tomatoes, approx. 7 quarts.

Average Yield - Grapes, Cherries, approx. 4 quarts.

Low Yield - Apples, Peaches, approx. 2 quarts.

- Steam fruits or vegetables that need to be peeled before canning, such as peaches, tomatoes, or beets. They can be peeled more easily if you steam them for a few minutes first.
- Bananas are an unusual fruit to juice. Peel overripe bananas and steam. You'll
 have a rich banana concentrate perfect for milk shakes and exotic drinks. Make
 fruit leather out of the pulp, it's tasty and nutritious.
- Juices can be mixed to make unique and tasty combinations. Try these: Apple-Grape, Cranberry-Apple, Cherry-Apple, Raspberry-Peach, Raspberry-Apple, Strawberry-Pear, Plum-Grape, or Lemon soda-grape. Any fruit juice can be mixed with soda or mineral water to make a refreshing drink.
- Don't discard the pulp! Your Nutri-Steamer lets you use every part of the fruit.
 Use the pulp for making delicious toppings, fillings, desserts, bars and squares,
 fruit leathers, and sauces. If you intend on using leftover pulp, make sure
 stems, seeds, pits, and cores are removed from the fruit before juicing.
- Make baby food by blending leftover pulp into a smooth puree. Make sure stems and seeds are removed if you're going to use pulp for baby food.
- Applesauce comes easy from your leftover pulp. Place the hot pulp into a colander or food strainer and strain until the sauce is extracted. Either refrigerate and eat within a few days, or bottle by following standard cold pack procedures.
- Fruit leathers make great treats. It can be made from almost any type of fruit.
 Whip the pulp up in your blender. Sweetening is rarely needed but if it needs a

little something, add small amounts of honey or corn syrup. Spread the mixture on a cookie sheet lined with plastic wrap and dry in the sun for 6 to 12 hours, or in the oven at a very low temperature, preferably not above 140°F (60°C) overnight. Leave the oven door ajar for ventilation.

- Freezer jellies Recipes for making jellies from juices are readily available.
 Consult a good cookbook or food-preserving manual. For beginners, we've listed a few easy freezer jelly recipes. Follow the pectin package directions for appropriate fruits.
- Make unusual jellies by combining juices. Crabapple and cherry is quite good. You should also try pie cherry and raspberry or pineapple and apricot. Follow the jelly recipe on your pectin package.
- Keeping a record One thing you'll find very valuable in your canning and
 juicing experience is to keep a written record. If you invent a delicious recipe,
 don't trust it to memory. Record such things as fruit used, quantities, processing
 time, sweetener used, other ingredients, yield, taste, description and
 suggestions for next time.

CLEANING YOUR NUTRI-STEAMER

After each use, wash the Nutri-Steamer in warm, soapy water, rinse and dry thoroughly before storing. Should the water pan collect hard water deposits or sediments caused by minerals in the water, remove them by using one of the methods below.

- Add two capfuls of lemon juice or vinegar and 1 cup of water to the water pan and boil away the stains. Wash in warm, soapy water, rinse, and dry thoroughly.
- Rub a lemon half against the sediment. Wash in warm, soapy water, rinse, and dry thoroughly.
- Use a stainless steel cleanser. Wash in warm, soapy water, rinse and dry thoroughly.

Note: Always remove the clamp from the juice hose when storing the Nutri-Steamer.

RECIPES AND IDEAS

Be creative! Juice your favorite fruits. Mix fruit juices together either by combining fruits in the food basket or by juicing them separately, then mixing. Make your own fruit punches. Try combining your juices with carbonated beverages or mixers. Canned pineapple juice is good when added to nearly any juice. Mixing bland and tart fruits enhances the flavor of the bland juices and mellows the flavor of the tart ones. Sweeten to suit your own taste!

Making your own juice is fun and easy. Here are a few suggestions to get you started, but after a few batches you'll want to experiment on your own!

RHUBARB SLUSH

3 cups Sugar 1 can (46 oz.) Pineapple juice 6 cups Water 1 can (46 oz.) Orange juice

4 cups Rhubarb juice Carbonated lemon-lime drink, chilled Boil sugar and water for five minutes. Add rhubarb, pineapple and orange juice. Pour into a freezer container and freeze. When you're ready to serve, mash with a fork. Scoop into glasses ¾ full and add the carbonated lemon-lime drink.

SUMMER PUNCH

1 quart Apple juice 3 Oranges 1 quart Grape juice 2 Lemons

1 cup Sugar

Squeeze citrus juice and mix all ingredients together. If desired, add a touch of cinnamon and a few cloves to taste.

CRABAPPLE SPARKLER

2 quarts Chilled crabapple juice 1 can Ginger ale 1 quart Cold water 1 capful Lemon juice

1 cup Sugar

Mix all ingredients together and enjoy.

STRAWBERRY-RHUBARB JUICE

3 quarts Strawberries 2 cups Sugar

3-4 lbs. Rhubarb

Cut rhubarb into one-inch cubes. Layer strawberries, rhubarb, and sugar into the food basket. Steam for 60 minutes.

SUMMER DELIGHT

2 quarts Strawberry-rhubarb juice 1 quart Ginger ale

1 pint Sherbet (your favorite)

Pour strawberry-rhubarb juice into a punch bowl. When you're ready to serve. add the sherbet and ginger ale. Decorate with mint leaves.

FRUIT SLUSH

½ package (6½ oz.) Pre-sweetened

raspberry punch powder

2 cups Peach nectar or juice
1/2 can (46 oz.) Pineapple juice 2 quarts Ginger ale or lemon-lime soda

Combine juices with the pre-sweetened punch powder. Stir well and freeze.

One hour before serving, remove from the freezer and thaw at room

temperature. Combine the slush with the ginger ale or lemon-lime soda. Makes 32, 4 oz. servings.

APPLE BUTTER

16 cups Thick apple pulp 8 cups Sugar 1 cup Vinegar 4 tsp. Cinnamon

Mix well to be sure cinnamon is well distributed. Pack in jars and process for 15

minutes in a hot water bath.

APRICOT BUTTER

8 cups Apricot pulp (skins and all) 5 cups Sugar

2 Oranges Cinnamon to taste

Mix apricot pulp and oranges in a blender. Add sugar and cinnamon. Heat and seal in hot jars. Note: Do the same thing to plums but use lemons instead of oranges.

APRICOT, CHERRY, PEACH, PEAR, PINEAPPLE, RASPBERRY, AND STRAWBERRY SYRUP

7 cups Juice 16 oz. Bottle of liquid fruit pectin.

7 cups Sugar

Mix the sugar and juice together. Bring to a boil, stirring constantly. Stir in the pectin. Bring to a full rolling boil and boil hard for one minute. Remove from heat, skim, and pour into clean, hot jars and seal.

BLACKBERRY, CHOKECHERRY, CRABAPPLE, CURRANT, GRAPE, AND PLUM SYRUP

5 cups Juice

7 cups Sugar

Combine juice and sugar in a large heavy pan. Bring to a full rolling boil for one minute. Remove from heat and skim off the foam (if you boil too long, you may end up with jelly). Pour into clean, hot jars and seal.

FREEZER STRAWBERRY JELLY

13/4 cups Strawberry juice 2 tbs. Strained lemon juice

4 cups Sugar ½ Bottle Fruit Pectin

Add sugar to the juice and mix well. Mix the lemon juice and pectin in a small bowl and add into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately.

FREEZER GRAPE JELLY

2 cups Grape juice 2 tbs. Water

4 cups Sugar ½ Bottle Fruit Pectin

Add sugar to the juice and mix well. Mix the water and pectin in a small bowl and add into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 4 medium jars.

FREEZER RED RASPBERRY JELLY

2½ cups Raspberry juice 2 tbs. Water

5 cups Sugar ½ Bottle Fruit Pectin

Add sugar to the juice and mix well. Mix the water and pectin in a small bowl and add into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 7 medium jars.

FREEZER PLUM JELLY

4 cups Juice ½ (3 oz) Bottle liquid fruit pectin

7½ cups Sugar

Add sugar to the juice and mix well. Mix the pectin into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 10 medium jars.

FREEZER PEACH JELLY

3 cups Juice 1 (6 oz.) Bottle liquid fruit pectin

6½ cups Sugar

Add sugar to the juice and mix well. Mix the pectin into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 10 medium jars.

RHUBARB JELLY

4 cups Juice 7 cups Sugar

1 tsp. Vanilla 1 (6 oz.) Bottle liquid fruit pectin Add sugar and vanilla to the juice and mix well. Place over high heat, stirring constantly and bring to a boil. Add the pectin and bring to a rolling boil for one minute. Remove from heat and skim off the foam. Pour into hot jars and seal. Makes 10 medium jars.

APLETS or COTLETS

2 cups Applesauce (or apricot puree) 1½ cups Cold water

2 cups Sugar ½ tsp. Cinnamon (or tiny drop of

2 tbs. Unflavored gelatin cinnamon oil)

1½ cups Mixed nuts ¼ cup Powdered sugar

Warm fruit puree, sugar, and gelatin which has been softened in water. Stir well. Add nuts and flavoring. Pour into an oiled 8x8" pan until set. Cut into squares and roll each piece in powdered sugar.

CRABAPPLE TAPIOCA FRUIT PUDDING

¼ cup Tapioca½ cups Crabapple juiceDash of salt⅓ cup Sugar

Mix ingredients together and let stand for five minutes. Bring to a boil over medium heat, stirring often. Cool for 20 minutes. Serve warm or cold, with whipped cream.

CHEESE PEAR DELIGHT

6 cups Pear juice or nectar 1 (8 oz.) Cream cheese 1 (6 oz.) Package apricot gelatin 3/4 cup Crushed vanilla wafers

1 (3 oz.) Orange gelatin

Heat juice to a boil. Add apricot and orange gelatins, stirring until dissolved. Refrigerate until it is partially set. Top with the crushed vanilla wafers. Chill until firm. Makes 16 to 20 servings.

APRICOT SLIMS

1 cup Thick apricot puree 1 tbs. Orange juice

⅓ cup Coconut 1 tbs. Finely chopped almonds

Blend apricot puree and coconut in a blender. Add in the orange juice and mix well. Divide into four equal parts and chill. Working one part at at time, roll with your palms on a board sprinkled with the almonds into a rope about 16" long. Cut diagonally into 2" pieces.

SAVORY TOMATO JUICE

12 lbs. Tomatoes (quartered) 3 Green peppers, sliced

1 Small bunch carrots (diced) 1 tsp. Salt 4 Onions 1 tbs. Sugar

1 Bunch celery, (sliced in 1-inch

pieces)

Do not peel tomatoes. Layer vegetables in the food basket. Steam for 60 minutes. Stir contents of the food basket for a thicker juice.

TOMATO SAUCE

2 quarts Tomato puree 1 tsp. Whole cloves 1 cup Vinegar 1½ tsp. Paprika ½ cup Sugar 1 tsp. Dry mustard

2 tsp. Whole allspice 1 tsp. Salt

2 sticks Cinnamon ¼ tsp. Cayenne pepper

Combine puree, vinegar, and sugar. Tie the whole spices in a cheese cloth bag and add to the tomato mixture. Add the remaining ingredients and cook until thick, about one hour. As the mixture thickens, stir frequently to prevent sticking. Remove the spice bag. Pour the boiling hot mixture into hot jars leaving ½" space at the jar top. Process for 15 minutes in a Steam Canner or Water-bath canner to ensure sealing. Makes 2 to 3 pints.

TOMATO SOUP

7 quarts Peeled, cored tomatoes 2 Red peppers 3 cups Chopped onions 4 Grated carrots

3 sticks Celery

Add ingredients to the food basket. Puree the leftover pulp in a blender. Add to the clear juice until the consistency suits you. Pour into the canning jars, leaving a 1-inch space at the top of the jar. Process the mixture in a pressure cooker at 10lbs. of pressure for 30 minutes for quarts or 20 minutes for pints.

PUMPKIN OR SQUASH - Cut, seed, and wash pumpkin or squash. Put in a juicer and steam until soft. Scoop out the pulp and put in the blender with enough juice to make the blender run. The mixture may be frozen for future use in pies.

PUMPKIN CHIFFON PIE

1 Envelope gelatin
1/2 tsp. Nutmeg
1/4 cup Water
1/4 cup Pumpkin
1/2 tsp. Salt
1/2 cup Milk
1 cup Sugar
1/4 tsp. Lemon ivide

½ tsp. Lemon juice 3 Eggs (separated)

Beat the egg yolks slightly and add ½ cup sugar, pumpkin, milk, salt, and spices. Cool until thickened. Soften the gelatin in ¼ cup water, add this to the pumpkin mixture, blend well and cool. When it begins to thicken, fold in stiffly beaten egg whites to which ½ cup of sugar has been added. Pour in a baked pie shell and top with whipped cream.

HOMEMADE SAUSAGE

5 lbs. Hamburger 2½ Coarsely ground peppers

2 tbs. Salt 2½ tsp. Garlic salt

½ tsp. Saltpeter (for color) 1 tsp. Hickory-smoke salt

21/2 tsp. Whole mustard seed

Mix ingredients together until well blended. Refrigerate 8 to 12 hours so the flavors will mix. Shape 4 rolls of equal size, wrap each in aluminum foil and place in the food basket. Steam vigorously for 75 minutes. Remove and refrigerate immediately.

PRODUCT WARRANTY

Appliance 1 Year Limited Warranty

Focus Electrics, LLC ("Focus Electrics") warrants this appliance from failures in the material and workmanship for one (1) year from the date of original purchase with proof of purchase, provided the appliance is operated and maintained in conformity with the provided Instruction Manual. Any failed part of the appliance will be repaired or replaced without charge at Focus Electrics' discretion. This warranty applies to indoor household use only.

This warranty does not cover any damage, including discoloration, to any non-stick surface of the appliance. This warranty is null and void, as determined solely by Focus Electrics if the appliance is damaged through accident, misuse, abuse, negligence, scratching, or if the appliance is altered in any way.

THIS WARRANTY IS IN LIEU OF ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, PERFORMANCE, OR OTHERWISE, WHICH ARE HEREBY EXCLUDED. IN NO EVENT SHALL FOCUS ELECTRICS BE LIABLE FOR ANY DAMAGES, WHETHER DIRECT, INDIRECT, INCIDENTAL, FORSEEABLE, CONSEQUENTIAL, OR SPECIAL, ARISING OUT OF OR IN CONNECTION WITH THIS APPLIANCE.

If you think the appliance has failed or requires service within its warranty period, please contact the Focus Electrics Customer Service Department at (866) 290-1851, or e-mail us at service@focuselectrics.com. A receipt proving the original purchase date will be required for all warranty claims, **hand written receipts are not accepted**. You may also be required to return the appliance for inspection and evaluation. Return shipping costs are not refundable. Focus Electrics is not responsible for returns lost in transit.

Valid only in USA and Canada

REPLACEMENT PARTS

Replacement parts, if available, may be ordered directly from Focus Electrics, LLC several ways. Order online at www.focuselectrics.com, e-mail service@focuselectrics.com, over the phone by calling (866)290-1851, or by writing to:

Focus Electrics, LLC Attn: Customer Service P. O. Box 2780 West Bend, WI 53095

To order with a check or money order, please first contact Customer Service for an order total. Mail your payment along with a letter stating the model or catalog number of your appliance, which can be found on the bottom or back of the unit, a description of the part or parts you are ordering, and the quantity you would like. Your check should be made payable to Focus Electrics, LLC.

Your state/province's sales tax and a shipping fee will be added to your total charge. Please allow two weeks for processing and delivery.

This manual contains important and helpful information regarding the safe use and care of your new Focus Electrics product. For future reference, attach dated sales receipt for warranty proof of purchase and record the following information:
Date purchased or received as gift:
Where purchased and price, if known:
Item number and Date Code (shown bottom/back of product):

03/10

NOTES