



# STEAM JUICER

Instruction Manual



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**SAVE THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE**



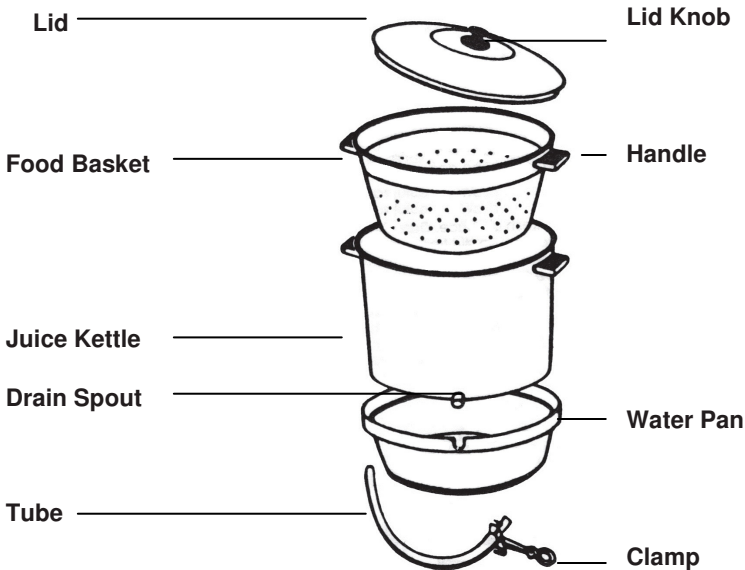
# CAUTION

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

## OPERATING PRECAUTIONS

- 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.
- Rubber or heat resistant gloves are recommended when handling the hot Steam Juicer.
- 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.

## USING YOUR STEAM JUICER



### Getting Started

Keep your work area, all equipment and utensils clean. Wash and sterilize bottles and check for nicks and cracks.

Wash your juicer in warm, soapy water and dry thoroughly before each use. Pay special attention to hard-to-reach areas. Thoroughly clean the tube and juice kettle drain spout.

Always use fresh produce. Carefully wash all fruit to remove dirt from cracks and crevices. Check for blemishes and remove as needed. Rinse well. Cut larger fruit into halves or quarters.

### Juicing

Fill the water pan with 3 quarts of water, approximately  $\frac{3}{4}$  full and place on a medium sized burner over high heat. **NEVER LET YOUR STEAM JUICER BOIL DRY!** Check the water level after each batch.

Push the tube over the drain spout as far as possible and clamp the tube at mid-point. Set the juice kettle on the water pan. Position the food basket on the juice kettle. Place the lid on the food basket.

After the water boils, you may want to reduce from high heat to a medium setting, making sure the water continues to boil and produce steam. When the steam begins to escape from the upper portions of the juicer, start timing.

## JUICING TIMETABLE

Produce	Minutes To Steam	Yield	Preparation
Apples	90	1 lb. fruit = 1-1½ cups juice	Wash, quarter
Apricots	60	1 lb. fruit = 1-1½ cups juice	Wash, halve, pit
Blackberries	60	1 qt. fruit = 2-3 cups juice	Wash
Cherries	60	1 qt. fruit = 2 cups juice	Wash
Crabapples	90	1 lb. fruit = 1-1½ cups juice	Wash, remove stems
Cranberries	70	1 qt. fruit = 1½-2 cups juice	Wash
Currants	60	1 qt. fruit = 2-3 cups juice	Wash
Elderberries	60	1 qt. fruit = 2-3 cups juice	Wash
Gooseberries	80	1 qt. fruit = 2-3 cups juice	Wash
Grapes	60	1 qt. fruit = 2-3 cups juice	Wash
Peaches	60	1 lb. fruit = 1-2 cups juice	Wash, halve, pit
Pears	90	1 lb. fruit = 1-2 cups juice	Wash, halve
Plums	60	1 lb. fruit = 1-2 cups juice	Wash
Prunes	60	1 lb. fruit = 1-2 cups juice	Wash
Raspberries	60	1 qt. fruit = 2-3 cups juice	Wash
Rhubarb	90	1 qt. fruit = 1½-2 cups juice	Wash stalks, slice
Strawberries	60	1 qt. fruit = 2-3 cups juice	Wash
Tomatoes	60	1 lb. fruit = 1-2 cups juice	Wash, remove stems

### **Sweetening with Sugar**

Add table sugar in layers with the fruit. Experiment with your first batch to determine the quantity desired. For sweet fruits add approximately  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of sugar per pound of fruit. For sour fruits add approximately  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of sugar per pound of fruit. **Do not add sugar to individual bottles before filling.**

### **Sweetening with Honey**

Dissolve the desired amount of honey in a few tablespoons of hot water and add just before serving.

**Note:** Additional sweeteners are not required. Refined table sugar and honey are only suggestions to adjust the flavor or sweetness of the juice.

### **Clear or Pulpy Juice**

To make a clear juice, do not touch or stir the produce in the food basket during the processing time. For a pulpy juice, stir the steamed produce after the fruit has become soft. Pour the first few quarts of juice back into the food basket. For tomato puree, apricot, or pear nectar, remove the stems, seeds, cores and pits before juicing. Puree pulp in a blender and add to the juice in the juice kettle. Heat, stir, and bottle.

### **Bottling Juice**

**CAUTION:** Use extreme caution when filling the bottles with juice; juice will be scalding hot. Keep children away. Use heavy oven mitts or rubber gloves while handling the hot bottles. Do not hold the bottle while filling it.

Sterilize the bottles for 15 minutes in a 200 °F (93.3°C) oven. Make sure the bottles are hot when filling with the juice.

Turn the juice burner to low heat. Insert the juicer tube in a hot, sterilized bottle and squeeze the clamp to release the juice. **Note:** When bottling, pour the first quart of hot juice back into the fruit basket. This will sterilize the juicer tube. The juice must be bottled when it is hot, immediately after juicing. If the juice is bottled at temperatures below 167 °F (75°C), it will spoil.

### **Sealing the Bottles**

After filling with hot juice, seal the bottles immediately with canning lids or corks.

Bottling jars should be filled to within  $\frac{1}{2}$  inch of the jar top and sealed with hot lids and rings.

Corks should be boiled for 15 minutes before use. Insert the cork in the bottle neck. Seal the cork with sealing wax or paraffin.

After the bottles are sealed, place them on a towel, dish cloth, or cake rack in a draft-free area. Let cool for 24 hours. Check the seal and store in a cool, dry, dark room. Bottling jars should be stored upright. Corked bottles should be stored flat.

## CLEANING YOUR STEAM JUICER

**NEVER LET YOUR STEAM JUICER BOIL DRY!** Check the water level after each batch.

After use, thoroughly wash juicer in warm, soapy water. Rinse and dry. Use a non-abrasive cleanser or baking soda paste to remove stains. Do not use metal scouring pads or cleansers. Wipe with distilled vinegar to remove water spots or mineral deposits. Rewash with warm, soapy water, rinse and dry.

Store your Steam Juicer in its original packaging to protect from dents and dust.

## HELPFUL HINTS

**Mix fruit juices together** either by combining fruits in the food basket or by juicing 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 bland juices and mellows the flavor of tart ones. Sweeten to suit your own taste.

### **Make apple or apricot butters**

Puree 1 cup of pulp and 2 ounces of juice in a blender. Use the juice of the fruit being prepared or experiment! Pineapple juice is great in apricot butter. Repeat until all the pulp is used. Add the pureed pulp to a deep sauce pan with 2 cups of brown sugar, 1 tsp. nutmeg and 1½ tsp. cinnamon. Bring to a boil and simmer for 5 minutes. Put in hot jelly jars and seal with wax. It is delicious served cold on hot toast or muffins.

**Make homemade syrups and sauces** by halving the jelly recipe on pectin packages. Use it on pancakes, waffles, French toast, or even over ice cream.

**Use Steam Juicer for sugarless canning.** Make juice from the fruit being canned and add it to prepared jars in place of syrups. Cold pack as directed. Your fruit will be bottled in its own sweet juice.

**Fruit Leathers** can be made from leftover pulp. Place the leftover pulp in a blender and puree. Pour a thin layer onto a wax-paper-lined cookie sheet or food dehydrator shelf. Dry in oven at 200 °F (93.3°C ) for about 3 hours or in your food dehydrator at 130 °F (54.4°C) until pliable. Roll and slice into strips.

**Make baby food** by blending leftover pulp into smooth puree. Be sure stems and seeds are removed if you are going to use pulp for baby food.

**Applesauce comes easy** from your leftover pulp. Place the hot pulp in a colander or food strainer and strain until the sauce is extracted. Either refrigerate and eat within a few days or bottle by following the cold-pack procedures.

**Don't discard the pulp!** Your Steam Juicer 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, be sure stems, seeds, pits and cores are removed from the fruit before juicing.

## It's a Blancher and Steam Cooker, Too!

Steam fruits or vegetables that need to be peeled before canning, such as peaches, tomatoes, or beets in your steam juicer. Steaming makes them easier to peel.

Use your Steam Juicer for blanching foods for freezing. Boil water in the water pan. When the steam escapes from the juicer top, put the vegetables in the food basket. Secure the lid and steam.

Steaming Times for Freezing Vegetables	
Asparagus	2-4 minutes
Green Beans	4 minutes
Broccoli	5 minutes
Brussels Sprouts	5 minutes
Corn on the Cob	8-12 minutes
Corn, whole kernels	5 minutes
Eggplant	5 minutes
Peas	3 minutes
Peppers	2-3 minutes
Pumpkin	10 minutes
Squash	10 minutes
Zucchini	5 minutes

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

**Steam vegetables for table use.** Boil water in the boiling pan. When the steam escapes from the juicer top, put the vegetables in the food basket. Steaming food retains more nutrients than boiling.

**Steam meats, fish, and poultry.** Steamed meats are very tender. A rich broth will collect in the juice kettle that can be used for gravies and soups. Pot roasts, corned beef and other meats that are normally braised can be steamed. Steam chicken and other fowl with beautiful results. Add carrots, potatoes, broccoli, or cauliflower to the food basket ½ hour before the meal is done.

<b>Steaming Times for Fish and Seafood</b>	
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.

## RECIPES AND IDEAS

### SUMMER PUNCH

1 qt.	Apple juice
1 qt.	Grape juice
1 cup	Sugar
3	Oranges
2	Lemons
Squeeze citrus juice and mix all ingredients together. If desired, add a touch of cinnamon and a few cloves to taste.	

### SUMMER DELIGHT

2 qt.	Strawberry-rhubarb juice
1 pint	Sherbet (your favorite)
1 qt.	Ginger ale
Pour the strawberry-rhubarb juice into a punch bowl. When ready to serve, add a scoop of sherbet and the ginger ale. Decorate with mint leaves.	

### STRAWBERRY-RHUBARB JUICE

3 qt.	Strawberries
3-4 lbs.	Rhubarb
2 cups	Sugar
Cut the rhubarb into one-inch cubes. Layer the strawberries, rhubarb, and sugar into the food basket. Steam for 60 minutes.	

### CRABAPPLE SPARKLER

2 qt.	Chilled crabapple juice
1 qt.	Cold water
1 cup	Sugar
1 can	Ginger ale
1 capful (5 ml)	Lemon juice
Mix all ingredients together, enjoy!	



**JELLIES:** Recipes for making jellies from juices are readily available. Consult a cookbook or food-preserving manual. For beginners, we have listed a couple of easy freezer jelly recipes.

Follow your pectin directions for appropriate fruits, or use Certo Fruit Pectin.

<b>FREEZER STRAWBERRY JELLY</b>	
1¾ cups	Strawberry juice
4 cups	Sugar
2 tbsp.	Strained lemon juice
½ bottle (3 oz.)	Fruit Pectin
Add the sugar to the juice. Mix well. Mix the lemon juice and pectin in a small bowl. Stir into the juice. Continue stirring for 3 minutes. Pour quickly into the jars. Cover immediately. Allow to set at room temperature, then store in the freezer. Makes 5 medium jars.	

<b>FREEZER GRAPE JELLY</b>	
2 cups	Grape juice
4 cups	Sugar
2 tbsp.	Water
½ bottle (3 oz.)	Fruit Pectin
Add the sugar to the juice. Mix well. Mix the water and pectin in a small bowl. Stir into the juice. Continue stirring for 3 minutes. Pour quickly into the jars. Cover immediately. Allow to set at room temperature, then store in the freezer. Makes 4 medium jars.	

<b>TOMATO SOUP</b>	
7 qt.	Peeled, cored tomatoes
3 cups	Onion, chopped
3 stalks	Celery
2	Red peppers
4	Grated Carrots
Add ingredients to the food basket. Puree the leftover pulp in a blender. Add to clear juice until the consistency suits you. Pour into the canning jars, leaving a one-inch space at the top of the jar. Process in a pressure cooker at 10 lbs. of pressure (30 minutes for quarts or 20 minutes for pints).	

<b>SAVORY TOMATO JUICE</b>	
12 lbs.	Tomatoes, quartered
1	Small bunch of carrots, diced
4	Onions, sliced
1	Bunch celery, 1 inch pieces
3	Green peppers, sliced
1 tsp.	Salt
1 tbsp.	Sugar
Do not peel tomatoes. Layer vegetables in the food basket. Steam for 60 minutes. Stir contents of the food basket for thicker juice.	

**CAUTION:** Any vegetable juices to be stored should be processed in a pressure cooker at 10 lbs. pressure, 30 minutes for quarts and 20 minutes for pints. Plain tomato juice should have lemon or vinegar added and should be processed in a steam canner for 15 minutes. This will eliminate the risk of botulism.



## 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](mailto: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](http://www.focuselectrics.com), e-mail [service@focuselectrics.com](mailto: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): \_\_\_\_\_