



RÜK

Manual Book & Healthy Recipes





OUR STORY BEGAN WITH A VISION

RUK

Welcome to the culinary world of RUK home to high-quality kitchen tools and appliances. Our passion for premium products starts with our desire to connect people through the joy of cooking.

Our mission is to bring people closer together by designing each product as if it's for our own kitchen. Whenever you're ready to chop, fry, or grill, RUK will always be there for your meal preparation and any cooking needs.

Bringing people to the table

The kitchen is more than a place to prepare and eat meals. There's no way around it: dinner brings people together like nothing else does. While the kitchen remains the heart of home's concept, RUK's high-quality kitchen tools and appliances provide great assistance.

People enjoy more fun from home cooking, it becomes more effective and interesting. Evolving with your modern kitchen, our premium tools innovate and uplift the kitchen experience, and contribute to the many reasons why home has become the best place to be. It's our mission to bring people closer together that pushes us to develop the most innovative products.

Made from quality and passion

What sets RUK products apart is the exceptional craftsmanship with which they're made. Only using quality materials and the most advanced technologies allowing us to guarantee the durability of every RUK product. Furthermore, we ensure the premium quality of all products by collaborating with our partners in Germany. Throughout the whole production process, the development of our products are strictly monitored to the highest ISO standards.

With high-quality products, innovation, and inspiration, we aim to be the cornerstone of any passionate kitchen. Thanks to our growing product range, RUK will keep inspiring kitchens around the world and bringing people closer together.

Products



A Cutting top

B Cutting bottom

C Transparent container

D Part-cover for slicer and grater

E Blades in different sizes

F Slicer and Grater in different sizes

G Cleaning Tool

H Container cover

I Recipe Book

J Storage container for blades, slicer and grater

K Cleaning brush

L Lemon/Orange Juice Squeezer

M Egg slicer

N Egg separator

O Safety Holder

Item number	43637
Material	ABS+PS+PP+TPR
Material of blades	Stainless Steel18/0
Bowl capacity	1.5 Liter
Product dimensions	27.4cm / 13.5 cm / 9cm
Weight	1140 g

How to Clean



Clen the Grip Lid with a Clening Claw under running water.



clean the Blades with a Cleaning Blush under running water. Remove the Grip Lid if necessary.



Hold the Grip Lid and flip it up 90 degrees to pull it out.



Insert the Grip Lid vertically into the bottom groove of Blade Insert Holder to fix to the base.

Tips: 1.Adding some peanut oil will help you clean more thoroughly if the product gets colored by vegetable juice.
2.Had better not store acid food like lemon in the container, as corrosion may happen on its inner wall.

Installation

(1) How to Fix the Blade Insert Holder



1

Insert the holder's hinge into the container's hinge.



2

Fix the Blade insert Holder.



3

Close the Grip Lid.

(2) How to Install Other Blades



4

Hold the Blade Insert Holder and Grip Lid Respectively.



5

Gently pull out the Grip Lid.

(2) How to Install Other Blades



6

Insert the Spiral Accessory as shown in the picture when installing Spiral Panel.



7

Choose a desired blade, insert in from the corresponding "+" side.



8

Blades can be inserted directly to use.



Operation

(1) How to Use Blade Insert Holder



1 Create a flat surface on both sides of the vegetable by cutting the ends off firstly. Put the vegetable between Blade



2 Press hard and quickly in a step.

RÜK
SMART CHOICE MAKES EVERYTHING.



(2) How to Use Safety Holder Device



3 Insert the remaining vegetable into the Safety Holder Device.



4 Then place it onto the Blade Insert Panel to cut.



5 Cutting results as shown.



Ratatouille



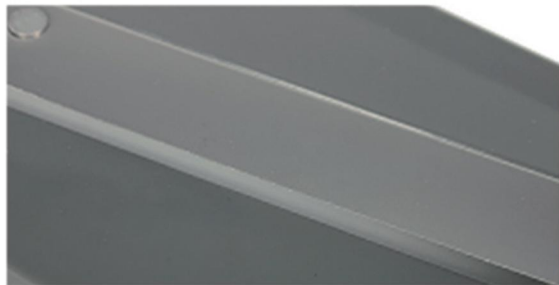
Zucchini Slices



Yellow Squash Slices



Egg Plant Slices



Vegetable Mash



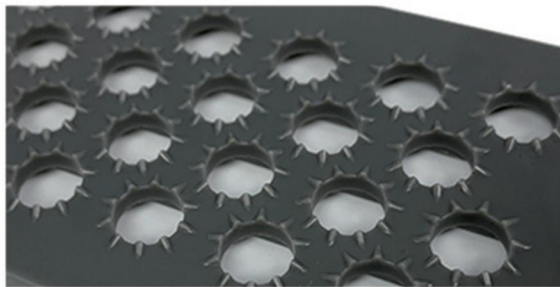
Mashed Carrots



Mashed Potato



Mashed Cauliflower



Bibimbap



Shredded Cucumber



Shredded Potato



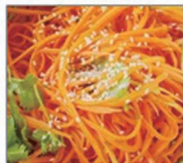
Shredded Wild
Rice Shoots



Shredded Vegetable Salad



Shredded Wild
Rice Roots



Shredded Carrots



Shredded Chili



Coleslaw



Shredded Red
Cabbage



Shredded Cabbage



Shredded Carrots



Tabouleh Salad

Ingredients

- 2 14.5 ounce cans chicken broth or vegetable broth
- 2 cups bulgur
- 1 10 ounce package coarsely shredded fresh carrots
- 1 cup chopped onion (1 large)
- 4 cloves garlic, minced
- 1 teaspoon finely shredded lemon peel
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup chopped tomatoes (2 medium)
- 1 cup chopped cucumber
- ¼ cup sliced green onions
- 3 tablespoons snipped fresh parsley
- 1 tablespoon snipped fresh mint
- ¼ cup olive oil
- 2 tablespoons lemon juice
- ½ teaspoon salt
- Lemon wedges (optional)





Mexican Chopped Chicken Salad with Jalapeno Dressing

Ingredients

¼ cup sliced pickled jalapeño chile peppers,
finely chopped

¼ cup mayonnaise

¼ cup sour cream

2 tablespoons snipped fresh cilantro

1 tablespoon lime juice

½ teaspoon paprika

1 tablespoon milk

1 cup canned yellow hominy, rinsed, drained,
and patted dry

Cayenne pepper

4 cups shredded romaine lettuce

1 cup shredded cooked chicken

1 mango, halved, seeded, peeled, and sliced

1 avocado, halved, seeded, peeled, and sliced

½ cup grape tomatoes, halved

½ cup chopped orange or yellow sweet
pepper

Queso fresco, crumbled (optional)

Pumpkin seeds (pepitas) (optional)

Corn and Blueberry Salad

Ingredients

6 fresh sweet corn, husked

1 cup fresh blueberries

1 cucumber, sliced

¼ cup finely chopped red onion

¼ cup chopped fresh cilantro

1 jalapeño pepper, seeded and finely chopped

2 tablespoons lime juice

2 tablespoons olive oil

1 tablespoon honey

½ teaspoon ground cumin





French Chopped Salad

Ingredients

- 5 yellow-flesh tiny new potatoes or fingerling potatoes (6 ounces), sliced 1/4 inch thick
- 1 cup green beans, cut into 1-inch pieces
- 2 tablespoons Champagne vinegar or white wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon snipped fresh tarragon
- 1 teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon cracked black pepper
- 4 cups chopped romaine lettuce
- 3 hard-cooked eggs, cut into wedges
- ½ cup chopped English cucumber
- ¼ cup pitted niçoise or kalamata olives
- 3 radishes, thinly sliced
- 2 tablespoons thinly sliced shallot (1 medium)

Greek Quinoa Chopped Salad with Lemon-Feta Dressing

Ingredients

1 ½ cups water

¾ cup quinoa, rinsed and drained

1 large lemon

¼ cup crumbled feta cheese

¼ cup olive oil

1 teaspoon salt

1 teaspoon dried oregano, crushed

2 cups chopped romaine

1 15 ounce can chickpeas, rinsed and drained

1 ¼ cups sliced miniature red, yellow, and/or
orange sweet peppers

1 ¼ cups chopped cucumber

½ cup chopped roasted red sweet peppers

½ cup pitted Kalamata olives

¼ cup chopped red onion

1 ½ cups coarsely crushed pita chips



Warranty

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Thanks for your choice!



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