

# Starfrit®



**INSTRUCTIONS FOR USE & RECIPES BOOKLET**  
**MODE D'EMPLOI ET RECETTES**  
**INSTRUCCIONES Y RECETAS**

**P.2**  
**P.13**  
**P.24**

## OPERATING AND SAFETY INSTRUCTIONS

Item no.	Voltage (V)	Milliamps. (mA)
093209	6	500

### IMPORTANT SAFEGUARDS

(Read the instructions before use)

**WARNING:** To reduce the risk of fire, electrical shock, serious personal injury and/or property damage:

- A. To protect against electric shock, do not immerse, adaptor, plug or product in water or expose to other liquids.
- B. Keep the appliance out of the reach of children and person with reduced physical, sensory, or mental capabilities. Close adult supervision is necessary when any appliance is used near children.
- C. Do not operate the product if the adaptor is damaged, or after the appliance malfunctions or has been damaged in any manner. Do not attempt to examine or repair this product yourself. Please call the customer service number provided in this user manual.
- D. Always disconnect the adaptor from the appliance when not in use, before changing parts, cleaning or moving the appliance.
- E. Do not plug or unplug the adaptor into/from the electrical outlet with a wet hand.
- F. Connect the adaptor to an easily accessible outlet so that the appliance can be disconnected immediately in the event of an emergency.
- G. Do not use attachments not recommended or not sold by the product manufacturer.
- H. Do not use with programmable device
- I. This product is intended for indoor, non-commercial use. Do not use outdoors or for any other purpose.
- J. Do not use appliance for anything other than its intended use.
- K. Do not allow the adaptor cord to hang (e.g., over the edge of a table or counter) or touch hot surfaces.
- L. Do not place the product on or near a hot gas or electric burner, or in heated oven or microwave oven.
- M. Always use the appliance on a flat, level, stable surface.
- N. Blade is sharp, always pull away the cutter arm before placing the vegetable/fruit on the vegetable holder. The spike on the upper food holder is sharp; handle with care.
- O. Batteries must be removed from the appliance before it is discarded and should be disposed of safely and in accordance with national regulations.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE**

## ELECTRICAL ADAPTOR

As an alternative to batteries (not included), an electrical adaptor (included) can be plugged in the back of the unit. Always select a 6.0 Volt, 500 mA adaptor with the input / output polarity as follows: - — (• — +. When not in use, unplug the adaptor.

## BEFORE FIRST USE

(Read the instructions before use)

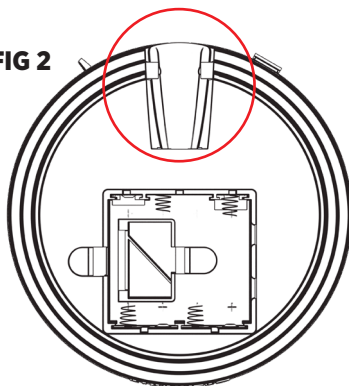
**WARNING:** Blades are sharp, handle with care.

- A. Remove all packaging material. Dispose of packaging.
- B. Remove the bottom food holder using the plastic knife **FIG 1** stored in the compartment under the appliance **FIG 2**.

**FIG 1**



**FIG 2**



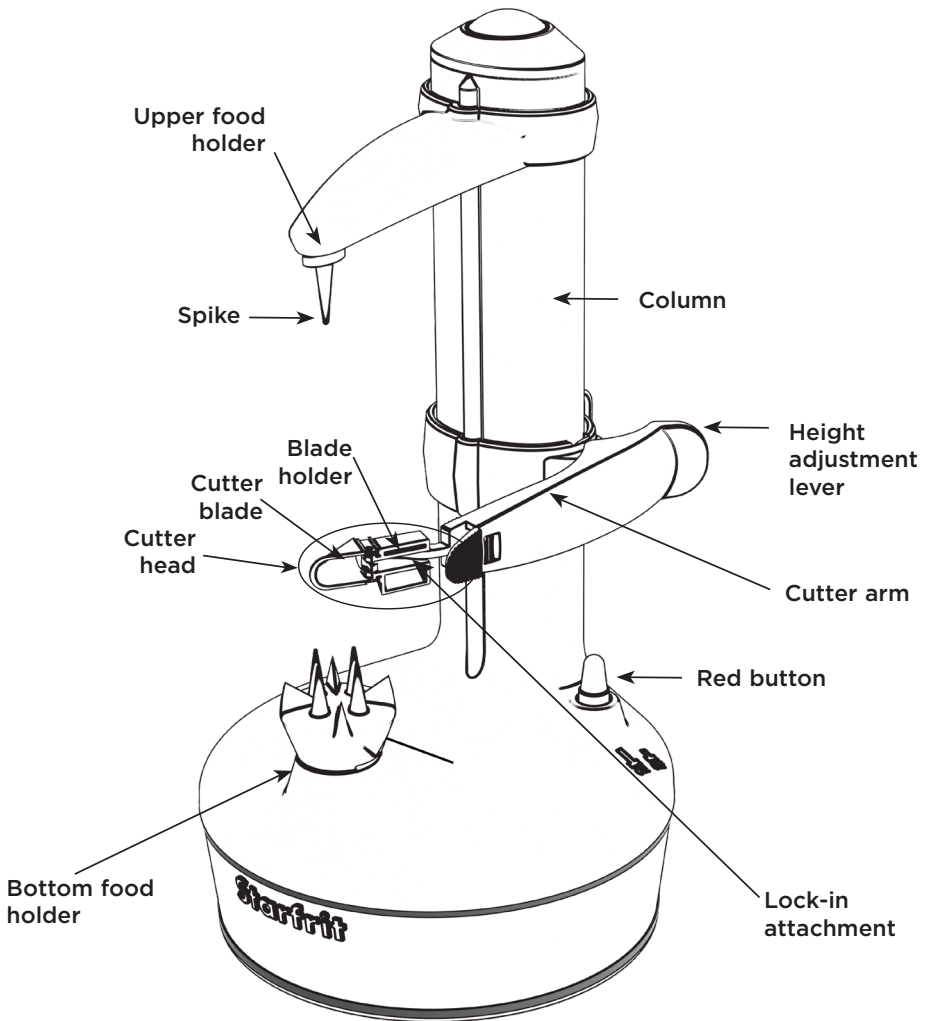
- C. Wash the food pusher in hot soapy water or place in the dishwasher. Dry thoroughly.
  - D. Wipe the appliance with a damp cloth and dry thoroughly.
- NOTE:** Do not immerse the appliance in water or any other liquids.

# OPERATING AND SAFETY INSTRUCTIONS

**Item no.**  
093209

**Voltage (V)**  
6

**Milliamps. (mA)**  
500



## TIPS & RECOMMENDED VEGETABLES/FRUITS

**NOTE:** For better results read the following tips:

- Before peeling, put a paper towel beneath the appliance to catch peelings
- Always use firm, blemish free and symmetrically shaped vegetables/fruits
- Do not use overripe or soft vegetables/fruits. Never use cooked vegetable/fruits.
- Fruits or vegetables more than 14 cm tall must be cut in half so the appliance can grip them firmly.

RECOMMENDED VEGETABLES / FRUITS*		
CUCUMBER	RADISH	TOMATO
ZUCCHINI	KIWI	BEET
EGGPLANT	PEACH	SQUASHE
POTATO	PEAR	ORANGE
SWEET POTATO	APPLE	TURNIP
LIME	LEMON	ONION

\*And many more!

Peeling is quick and easy with Rotato Express. It peels just the skin without wasting any of the nutritious part of the vegetable. Rotato Express is simple and safe to operate. Its non-slip base holds it securely to the counter or other work surface. Rotato Express comes with a little plastic knife, stored conveniently under the base. It's specially designed for easy removal of potato eyes or other blemishes.

## TO USE

### (Read the instructions before first use)

**NOTE:** The appliance can operate with a 6V adaptor (included) or with 4 AA batteries (not included)

**WARNING:** Cutter blade and holder spike are sharp, you must handle with care.  
Never touch with bare hands.

1. Center the food on the bottom food holder and press gently.
2. Lower the upper food holder so that it grasps the food and holds it securely.
3. Using the height adjustment level, raise the cutter arm so that it rests on top of food to be peeled.

**WARNING:** Do not grab cutter blade as it is razor sharp!

4. Turn **ON** the appliance by pressing on the red button. The skin peels off in one clean, continuous curl.

**NOTE:** The appliance will stop automatically when the cutter arm reaches the bottom.

5. Lift upper food holder from food and raise it to the top of the support column.
6. Grasp food and using a gentle back and forth rocking motion, remove food from bottom food holder pulling towards you.

**NOTE:** Do not yank the food straight up from the bottom food holder as the holder spike is sharp.

**WARNING:** Always turn **OFF** the appliance before removing/placing food on the food holder

7. Trim off any deep potato eyes with the little plastic knife, conveniently stored underneath the unit **FIG 2**. Use the same knife to remove blemishes on fruits and vegetables **FIG 3**.

**FIG 3**



## HOW TO CHANGE THE BLADE

### (Read the instructions before handling the blade)

**NOTE:** The blades are specially designed to give clean and easy peeling or cutting.

When the blade skips or jams, or is excessively clogged, it's time to change blades.

**WARNING:** Blade is razor sharp you must handle with care.

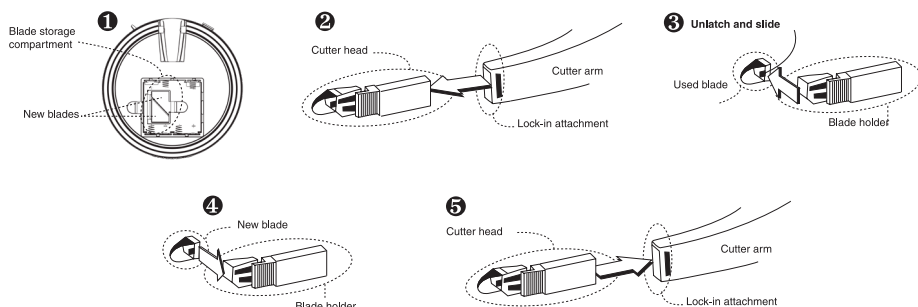
1. Turn the appliance upside down and open the battery compartment located underneath the base. Remove the batteries (if installed) to reach the blade storage compartment and open it. Remove one of the new blades.

**NOTE:** Disconnect the adaptor from the appliance and remove the batteries (if installed) prior to changing accessories or touching the blade holder.

2. Remove the cutter head by gently pulling the lock-in attachment from the cutter arm.
3. Unlatch and slide the used blade away from the blade holder. Dispose of the used blade using the same precautions taken with a sharp razor.
4. Slide the new blade down the ridge of the blade holder.

**NOTE:** Make sure the blade is solidly in place before proceeding to the next step.

5. Put the cutter head back on the appliance by inserting the lock-in attachment into the cutter arm.



## CLEANING & CARE

**WARNING:** Disconnect the adaptor from the appliance and remove the batteries (if installed) prior to changing accessories or touching the blade holder.

1. Remove the food holder using the plastic knife stored underneath the appliance. **FIG 1**

**FIG 1**



**WARNING:** Do not yank the food holder straight up in a rapid motion as the holder spike is sharp.

2. Wash the food holder in hot soapy water or place in the dishwasher. Dry thoroughly.

**NOTE:** Wash after each use

3. Wipe the appliance with a soft, damp cloth and dry thoroughly.

**NOTE:** Do not immerse the appliance in water or any other liquid or place in a dishwasher.

## WARRANTY

### 1-YEAR LIMITED WARRANTY.

This warranty covers any defects in materials and workmanship for a period of one (1) year from the date of the original purchase. Please retain your original receipt as a proof of the purchase date. Any complaints must be registered within the warranty period. The product will be repaired, replaced (parts including blades or entire appliance) or refunded at our sole discretion. Shipping charges may apply.

**This warranty does not cover normal wear of parts or damage resulting from any of the following:**

Negligent use or misuse of the product including failure to clean the product regularly, use for commercial purposes, accident, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than a STARFRIT authorized service agent.

**Decisions as to the cause of damage are the responsibility of Starfrut.  
All decisions will be final.**

**POTATO AND CHEESE CHOWDER**

An easy to make soup for those days when you just can't think of what to eat.

**INGREDIENTS**

- 1 1/2 cups (375 ml) peeled and diced raw potatoes
- 2 cubes chicken bouillon
- 3 tbsp (45 ml) butter
- 1/4 cup (60 ml) peeled and finely chopped onion
- 1/4 cup (60 ml) finely chopped green pepper
- 2 tbsp (30 ml) flour
- 2 cups (500 ml) of milk
- 1 1/2 cups (375 ml) finely grated sharp white cheddar cheese
- Salt and pepper to taste
- Chopped parsley

**PREPARATION**

Using your Rotato Express, peel potatoes. Cook potatoes in boiling water until tender. Drain saving cooking water for later. Add bouillon cubes to hot liquid and stir until dissolved. Melt butter in saucepan. Add flour and stir continuously for 10-15 minutes until a paste forms. Add onion and green pepper and sauté until the onion begins to soften, and then remove from heat. Add milk and potato water all at once, return to medium heat and salt and pepper to taste. Continue cooking until boiling and smooth, stirring constantly. Turn fire to low and simmer 2 minutes. Add cheese and stir until melted. Stir in potatoes and heat thoroughly. Sprinkle with chopped parsley and serve hot.

**VEGETABLE CHOWDER**

A wonderful meal in a bowl that goes great with your favorite bread.

**INGREDIENTS**

- |   |  |
|---|--|
| • 1/4 cup (60 ml) butter                    | • 1/4 cup (60 ml) thinly sliced leek     |
| • 1 cup (250 ml) diced celery               | • 4 cups (1 litre) of milk scalded       |
| • 1 cup (250 ml) diced carrot               | • 1 cup (250 ml) boiling water           |
| • 1 cup (250 ml) peeled and diced potato    | • 2 tsp (10 ml) salt                     |
| • 1/2 cup (125 ml) peeled and diced onion   | • 1/2 tsp (3 ml) pepper                  |
| • 1/2 cup (125 ml) peeled and diced turnip  | • 1 tsp (5 ml) sugar                     |
| • 1 cup (250 ml) frozen peas                | • 1/4 cup (60 ml) chopped parsley        |
| • 1 cup (250 ml) thinly sliced green pepper | • 1/2 cup (125 ml) grated cheddar cheese |

**PREPARATION**

Using your Rotato Express, peel the potato and turnip. Dice potato, turnip and onion into 1/2 inch (12 mm) cubes and set aside. Put water in small saucepan and bring to boil. In a large saucepan melt the butter, then add the celery, carrot, potato, turnip, onion, leek, water, salt, pepper, and sugar. Cover and simmer until the vegetables are tender-crisp, about 10 minutes. Add peas and green pepper and simmer about 5 minutes more or until all the vegetables are tender. Add the hot milk. Sprinkle in parsley. Ladle into soup bowls and sprinkle each with grated cheese.



## RECIPES

### CUCUMBER SALAD

Especially refreshing in the summer.

#### INGREDIENTS

- 2 medium size cucumbers
- 1/4 cup (60 ml) of sour cream
- 1/4 cup (60 ml) of finely chopped onions
- Parsley, salt and pepper to taste

#### PREPARATION

Using the Rotato Express, remove the outer skin of the cucumbers and discard. Continue cutting the cucumber into strands or cut in 1/4 inch (6 mm) slices. Mix together the sour cream, onions, parsley, salt and pepper. Lightly toss with the cucumber and serve on a bed of lettuce.

### BEET SALAD

Great with a sandwich or with grilled meals.

#### INGREDIENTS

- 2 medium size beets
- 1/4 cup (60 ml) of light balsamic vinaigrette
- Salt and pepper to taste

#### PREPARATION

Using the Rotato Express, remove the outer skin of the beets. Continue the peeling of the beets until there is essentially nothing left to peel. Transfer the beet strands into a serving plate and add the balsamic vinaigrette. Add salt and pepper to taste.

### CHEESY POTATOES

#### INGREDIENTS

- |  |  |
|--|--|
| • 4 slices Hickory smoked bacon                          | • 1/4 tsp (1 ml) pepper                                  |
| • 3 large baking potatoes                                | • Prepared seasoning (Creole, Season-All, etc.) to taste |
| • 1 large onion peeled                                   | • 2 tbsp (30 ml) butter                                  |
| • 1 cup (250 ml) cheddar cheese in 1/2 inch (6 mm) cubes | • 1 tbsp (15 ml) bacon fat                               |
| • 3/4 tsp (4 ml) salt                                    |  |

#### PREPARATION

Fry bacon until crisp. Drain on paper towels until cool. Using your Rotato Express peel the potatoes. Slice potatoes about 1/4 inch (6 mm) thick and place them onto a large sheet of aluminum foil. Slice the onion the same way and place the slices on the foil. Chop the bacon into bits and add them with cheese, salt, pepper and prepared seasoning. Dot with butter or margarine and drizzle the bacon fat over the entire area. Wrap the foil loosely and make a double fold around the edges to seal tightly. Place on a hot grill and cook for one hour or until tender. If using an oven, preheat to 400 °F (205 °C) for about the same time.

## HEARTY MEALS

### EASY WESTERN CHILI

Goes great with corn bread or tortilla chips.

#### INGREDIENTS

- 1 pound (450 g) ground beef
- 1 large onion peeled and chopped
- (1) 14.5 ounce (430 ml) can of stewed tomatoes
- (1) 15 ounce (445 ml) can tomato sauce
- (1) 15 ounce (445 ml) can of kidney beans
- 1 1/2 cups (375 ml) cold water
- 1/4 tsp (1 ml) chili powder
- 1/4 tsp (1 ml) garlic powder
- Salt and pepper to taste

#### PREPARATION

Peel the large onion and dispose of the outer skin. Using the Rotato Express peel enough of the meat of the onion to fill a cup and half (375 ml) dry measure. Chop onion and set aside. In a large saucepan over medium heat, combine the beef and onion and sauté until meat is browned and onion is tender. Add the stewed tomatoes with juice, tomato sauce, beans and water. Season with the chili powder, garlic powder salt and pepper to taste and bring to a boil. Reduce the heat to low and let simmer for 15 minutes. Serve hot with cornbread or corn tortilla chips.

### SWISS STEAK

A good, hearty “comfort food” beef dish.

#### INGREDIENTS

- |   |  |
|---|--|
| • 2 1/2 lbs (1.1 kg) round steak cut 1 inch (25 mm) thick | • 3 tbsp (45 ml) cooking oil                       |
| • 1 1/2 cups (375 ml) peeled and sliced onion             | • 2 cloves of garlic finely chopped                |
| • 3/4 cup (175 ml) flour                                  | • 2 large carrots diced                            |
| • 1 1/2 tbsp (22 ml) dry mustard                          | • 4 cups (1 litre) coarsely chopped peeled tomatoe |
| • 1 1/2 tsp (7 ml) salt                                   | • 2 tbsp (30 ml) Worcestershire sauce              |
| • 1/4 tsp (1 ml) ground black pepper                      | • 2 tsp (30 ml) brown sugar                        |

#### PREPARATION

Peel outer skin of onion and slice onion across the grain making 1/4 inch (6 mm) thick rings. Set aside. Peel skin from tomatoes using Rotato Express. Chop thoroughly, set aside. Combine flour, mustard, salt and pepper. Pound as much of the mixture as possible into the steak with a meat hammer. Or if necessary, use the edge of a heavy plate. Cut the meat into serving sized pieces. Heat the oil in a large heavy skillet or Dutch oven. Brown the meat well on both sides. Sprinkle onion, garlic and carrots over the meat. Add tomatoes, Worcestershire sauce and brown sugar. Cover and gently heat until the tomatoes begin to break up. Stir sauce to blend, turn meat over, cover tightly and simmer for about two hours or until meat is very tender. Stir often and add a little water if necessary to keep the sauce from sticking. Serve with potatoes, rice or egg noodles.

## RECIPES

### ORANGE GLAZED CHICKEN

This tastes great, looks great and is really easy to do.

#### INGREDIENTS

- (1) 4 lbs (1.8 kg) chicken
- 6 cups (1.5 litre) chicken broth
- 1 small carrot diced
- 2 stalks of celery diced
- 1/2 cup (125 ml) peeled and finely chopped onion
- 1 onion slice
- 1/4 cup (60 ml) butte
- 1/2 cup (125 ml) softened butter
- 1 lb (450 g) mushrooms sliced
- 1/4 cup (60 ml) chopped parsley
- 1/2 tsp (3 ml) dried marjoram
- 1/2 tsp (3 ml) dried thyme
- 12 oz. (375 g) long grain and wild rice mix
- Salt and pepper to taste

#### PREPARATION

Pour chicken broth into large saucepan. Add carrot, celery, onion slice, salt, pepper, a pinch of the parsley, marjoram and thyme. Bring to a boil, turn down heat, cover and let simmer for 20 minutes. Strain stock, discarding vegetables. Heat 1/4 cup (60 ml) butter in another large saucepan. Add mushrooms and cook quickly until lightly browned, stirring constantly. Lift mushrooms out with a slotted spoon and set aside. Add chopped onion to drippings left in pan and cook gently for 3 minutes, stirring constantly. Add 4 cups (1 litre) of the stock and bring to a boil. Add rice mix and chopped parsley. Cover and cook according to the directions on the rice mix package. Remove pan from heat when rice is cooked and add mushrooms tossing together with a fork. Let cool. Heat oven to 325 °F (160 °C). Sprinkle insides of chicken with salt and pepper. Truss the chicken with string and rub the outside completely with the softened butter. Set the chicken on a shallow roasting rack and cover with a tent of foil (do not wrap it in foil, merely cover loosely). Roast chicken for 18 minutes a pound or until done. Remove foil for last 30 minutes to brown chicken. Make Orange Glaze while chicken is cooking. Brush with the glaze until chicken is done and continue roasting for 10 minutes more.

### ORANGE GLAZE

#### INGREDIENTS

- 1/4 cup (60 ml) peeled orange rind
- 1/2 cup (125 ml) orange juice
- 1 cup (250 ml) corn syrup
- 1/4 cup (60 ml) ground ginger

#### PREPARATION

Peel enough rind from a medium sized orange using your Rotato Express to make 1/4 cup (60 ml) dry measure. Coarsely chop rind and combine with remaining ingredients. Brush on chicken as directed above.

## RECIPES (DESSERT)

### REALLY GREAT APPLE SAUCE

Delicious as a side dish, dessert or for breakfast.

#### INGREDIENTS

- 2 apples peeled, cored and shredded
- 1 tsp (5 ml) ground cinnamon
- 1/4 cup (60 ml) water
- 3 tbsp (45 ml) brown sugar

#### PREPARATION

Using your Rotato Express, peel each apple discarding the peel. Core and shred each apple and place in a medium saucepan over medium/low heat. Sprinkle with cinnamon, then add water and cook until the apple bits become soft and mushy. Stir in brown sugar and mix well. If desired, top with ice cream and serve.

### APPLE DESSERT

Easy and sophisticated dessert.

#### INGREDIENTS

- 2 medium to large spiralled apples
- 1/2 tsp (3 ml) of lemon juice
- 1/4 cup (60 ml) of honey
- 1/2 ounce (14 ml) of rum (optional)

#### PREPARATION

Using your Rotato Express, peel the apple. Keep the peel for a dash of colour. Bring the arm back to the top of the apple and continue peeling until there is essentially nothing left to peel. Transfer the apple strands into a bowl and lightly cover with lemon juice to prevent the apples from darkening. In a separate bowl, mix the honey and rum into a smooth mixture and pour over the apple strands before serving.

### MANGO DESSERT

A refreshing and exotic dessert.

#### INGREDIENTS

- 2 medium to large spiralled mangos
- 1/2 tsp (3 ml) of lemon juice
- 1/4 cup (60 ml) of shredded coconut
- 1/4 cup (60 ml) of chopped pecans
- Pineapple yogurt

#### PREPARATION

Using the Rotato Express, peel off the mango skin and discard. Continue the peeling of the mango until there is essentially nothing left to peel. Transfer the mango strands into a bowl and lightly cover with lemon juice to prevent the mangos from darkening. Lightly mix in the shredded coconut and chopped pecans. Transfer to a serving plate and top with a pineapple yogurt. Very yummy!