

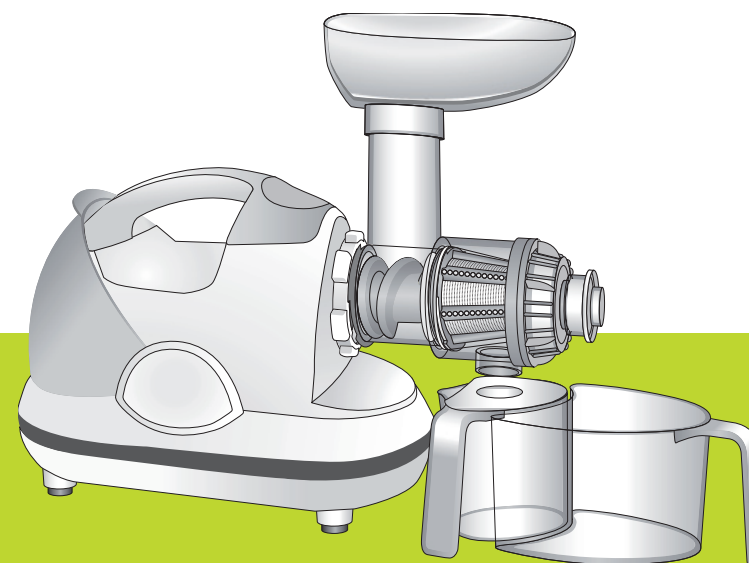
'LIFE TASTES GOOD'
GLOBAL COMPANY



MASTICATING JUICER

INSTRUCTION MANUAL
Manuel d'utilisation

www.kuvings.com
Kuvings[®]



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Headquarters:

NUC Electronics CO., Ltd

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Extractor, E120511

Carefully read and save these instructions
Household use only / US&CANADA use only (110/120V)



IMPORTANT SAFEGUARDS

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

- 1. Read all instructions.
- 2. To protect against risk of electric shock, do not put the parts, such as the motor base, in water or other liquid.
- 3. Close supervision is necessary when juice extractor is used near children.
- 4. Unplug from outlet when not in use, before assembling or disassembling and before cleaning.
- 5. Avoid contact with moving parts.
- 6. Do not operate the juice extractor with a damaged cord or plug, after the juice extractor malfunctions or is dropped or damaged in any manner.
Return the juice extractor to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
- 7. The use of attachments not recommended may cause fire, electric shock, or injury.
- 8. Do not use outdoors.
- 9. Do not let the cord hang over the edge of the table or counter.
- 10. Always make sure the juice extractor cover is clamped securely in place before motor is timed on.
Do not unfasten clamps while juice extractor is in operation.
- 11. Be sure to turn switch to off position after each use of your juice extractor.
Make sure the motor stops completely before disassembling.
- 12. Do not put your finger or the objects into the juice extractor opening while it is in operation.
If food becomes lodged in opening, use food pusher or other piece of fruit or vegetable to remove the remaining food.
- 13. Do not modify the plug in any way.
- 14. Do not place on or near a hot gas or electric burner or in a heated oven.
- 15. Do not use appliance for other than intended use.

NEVER SUBMERGE THE MOTOR BASE IN WATER OR OTHER LIQUID
FOR HOUSEHOLD USE ONLY

SAVE THESE INSTRUCTIONS

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Durable Masticating Type Design

The spiral auger, made with durable plastic materials, helps extract vitamins, enzymes, and minerals from fruits and vegetables.

A Low Speed Gear

A low speed gear is utilized to reduce noise and vibration during operation so that the machine can be used quietly at home.

Heavy-Duty Motor

Heavy-duty motor makes it possible to juice fibrous vegetables or fruits at low speed.

Easy to Use

Designed for easy assembly, disassembly and operation. Easy to clean after use.

Multi-Purpose

Juices vegetables including carrots, beets, celery, and peppers.
More juice options include leafy greens such as wheatgrass, cabbage, kale and fruits such as apples, pears, etc.
Grinds coffee beans and make homemade pasta in just minutes.

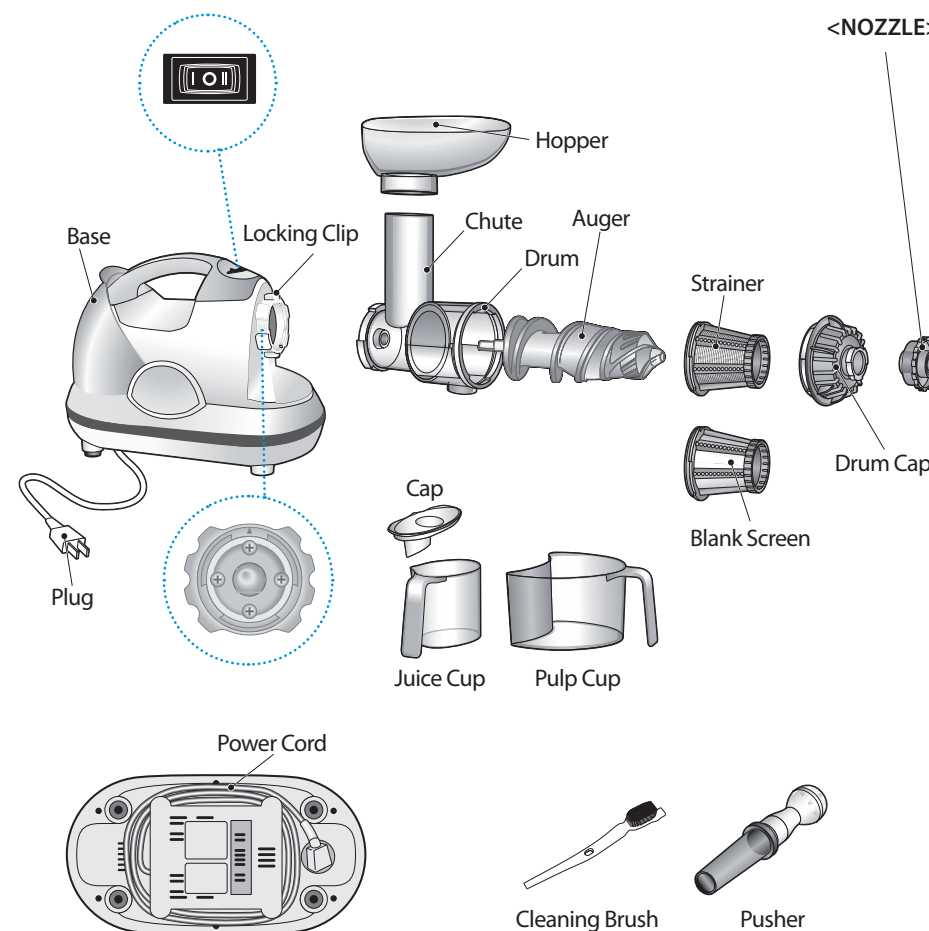
8 different nozzles

Includes 8 different nozzles for juicing, mincing, pasta, noodles, etc.

<SWITCH>



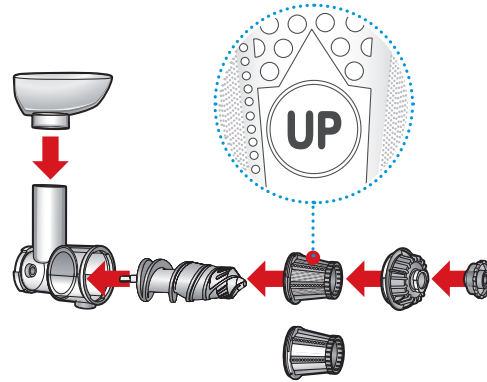
<NOZZLE>



How to assemble

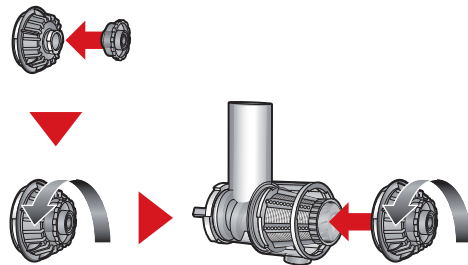
1 Auger & Strainer Assembly

Make sure that the strainer's "UP" position is assembled pointing up.



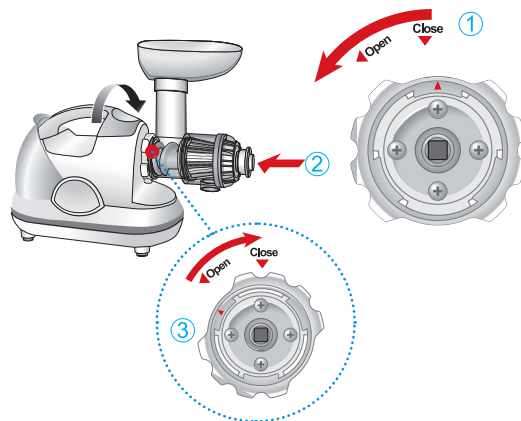
2 Drum Cap and Nozzle

1. Attach the nozzle to the drum cap.
2. Turn the nozzle counterclockwise to lock position.
3. Place the drum cap and turn counterclockwise to lock position.



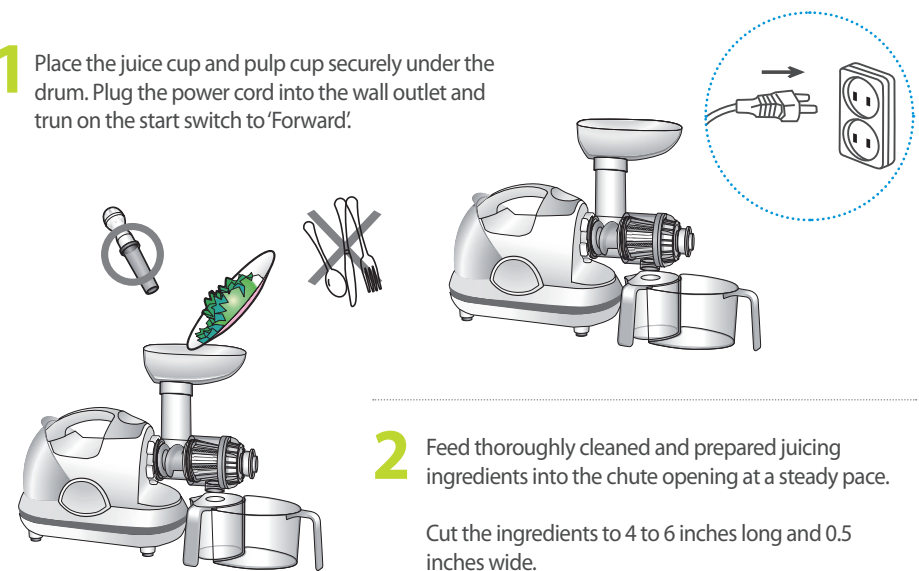
3 Base Assembly

Secure the drum and drum cap assembly onto the base by
 ① turning the locking clip to 'OPEN' position ② attaching the drum case to the base unit and ③ turning the locking clip to 'close' position.



How to use the juicer

- 1 Place the juice cup and pulp cup securely under the drum. Plug the power cord into the wall outlet and turn on the start switch to 'Forward'.



- 2 Feed thoroughly cleaned and prepared juicing ingredients into the chute opening at a steady pace.

Cut the ingredients to 4 to 6 inches long and 0.5 inches wide.

For leafy vegetables, such as celery, trim the stalks and stems before juicing.

For best results, feed the ingredients one at a time at a steady pace and do not force large amounts of ingredients into the chute with the pusher.

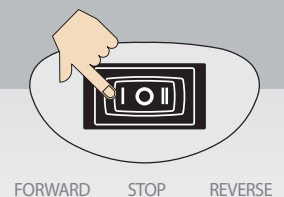
WARNING! Do not put fingers, chopsticks, spoons, or other foreign objects into the feeding chute while the juicer is operating. Use pusher as needed instead.

If the juicer stops during operation...

First press 'STOP' and then press 'REVERSE' to clear out the clogged ingredients inside the auger assembly and press 'FORWARD'. (Repeat approximately 3 times to completely clean out the clogged ingredients.)

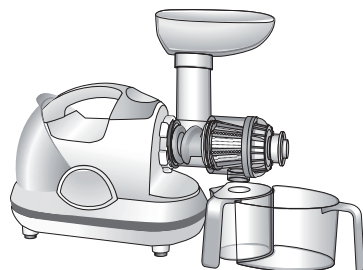
If clogging persists, disassemble the unit and thoroughly clean the components.

(Reverse switch must be held pressed for continuous operation.)

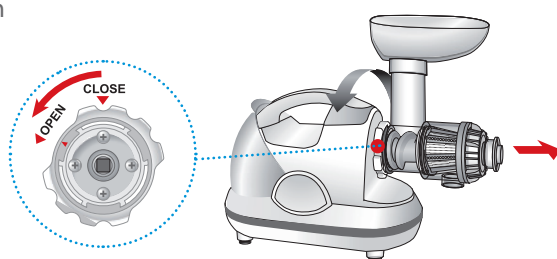


! ATTENTION! When switching operation mode from 'FORWARD' to 'REVERSE', be sure to press 'STOP' before switching to 'REVERSE'. If the mode is switched directly to 'REVERSE' while operating in 'FORWARD' mode the machine could be damaged.

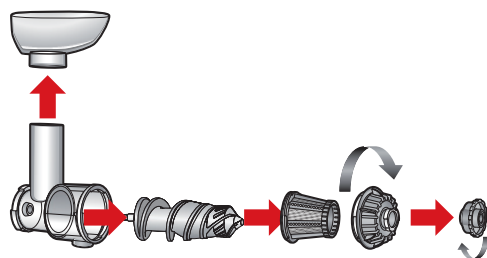
- 1 Make sure the machine is turned off and unplugged before beginning disassembly. Empty out the drum of all the ingredients by keeping the machine running for few extra seconds before stopping.



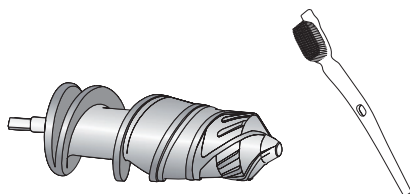
- 2 Separate the drum and chute from the base unit by turning the clip counterclockwise.



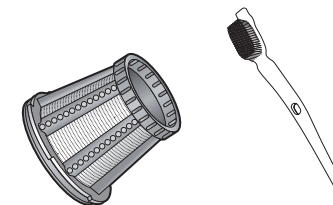
- 3 Remove the nozzle and disassemble the drum and auger as shown next.



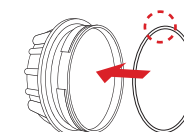
- 4 Wash drum and auger with mild detergent, using the soft brush. Rinse with water and dry thoroughly.



- 5 Scrub the strainer with the soft brush angled at a 45 degree angle.

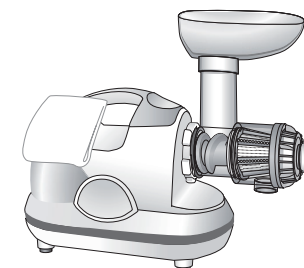


- TIP** When cleaning the drum cap, detach the rubber ring and place it back on with its protruding part facing the front of the drum cap when finished cleaning.



- 6 Wipe the base unit with a soft, damp cloth.

- ! ATTENTION!** If the cloth is too wet water may migrate into the machine causing fire, electric shock, or permanent damage.



For Cleaning

- Most juicer parts are top shelf dishwasher safe, low temperature recommended. For best results hand wash with a soft cloth using mild detergent and towel dry. The juicing strainer is hand wash only (included cleaning brush or similar plastic bristled dish brush is recommended).
- Do not wash any juicer parts with harsh or abrasive cleaners.
- Please wipe the exterior clean using a damp soft cloth. Do not wash or submerge the base.

How to use the multi-purpose parts

To process	Strainer	Nozzle
Juicing apple, orange, grape, strawberry, tomato, kiwifruit, pineapple, melon, aloe, carrot, celery, spinach, broccoli, wheat & other grasses, yam, pine tree needles, sprouts, olive leaves, ginger etc	 Strainer	 Juicing Nozzle
Mincing frozen fruits, nuts, seeds, dried & fresh fruits, sprouted grains, herbs & seasonings	 Blank Screen	 Mincing Nozzle
Pasta	 Blank Screen	 Round (Small, Large) Pasta / Flat (Small, Large) Pasta
Rice cake	 Blank Screen	 Juicing Nozzle, Rice Cake Nozzle
Slush, crushing ice, grinding	 Blank Screen	No nozzle

Juicer problems

- **When juicer is making weird noises**
 - Turn off the juicer and check that the juicer parts are correctly assembled.
 - Check the size of the food in the juicer.
- **When juicer does not turn on**
 - Check that it is plugged in correctly.
 - Check that the juicer is assembled properly.
 - Check that your household circuit or GFI outlet is not tripped.
 - Turn off the juicer and wait 30 minutes to cool down the motor if the juicer will not turn on after extended use. The juicer has built-in protection to prevent damage due to overheating.

FRESH JUICES

Used as a juicer the Masticating Juicer makes fresh juice out of any fruit, vegetable, or grass. The collected pulp can be used for making soup, salad, or compost. We recommend using fresh organic fruits and vegetables.

TIP When juicing large amount of fruits and vegetables, occasionally disassemble and clean the strainer to prevent clogging.

Using as a juicer

1. Assemble the juicer following the instructions using the juicing strainer and juicing nozzle.
2. Place the juice cup under the pulp discharging outlet.
3. Cut the food into an appropriate size so that it can easily fit into the hopper.
4. Plug the power cord into the wall outlet and start the juicer before inputting food.

Juice Recipes

(make 2 servings)

Sweet Grass Juice

Ingredients

3 carrots, 2 apples, 1 bunch wheatgrass
1 celery stalk, 1 thin slice of fresh ginger(optional)

Method

Attach the **juicing nozzle** and feed the wheatgrass into the hopper. Alternate with the carrots, apple and celery.

Digester's Delight

Ingredients

½ pineapple, 2 oranges (peeled), 1 celery stalk

Method

Attach the **juicing nozzle** and feed the pineapple, oranges and celery into the hopper alternating between each.

Detoxifier

Ingredients

3 carrots, ½ beet, ½ parsley, 2 celery stalks

Method

Attach the **juicing nozzle** and feed the carrot, beet, celery and parsley into the hopper alternating between each.

Melon Punch

Ingredients

1/2 small watermelon or 1, rockmelon,
1 punnet strawberries

Method

Use the **juicing nozzle** and start machine. Juice melon and strawberries.

Grape nectar

Ingredients

2 bunches of grapes, 2apples

Method

Use the **juicing nozzle** and start machine. Juice grapes including wines alternating with apple.

Pina Colada

Ingredients

1 cup of coconut milk, ½ pineapple

Method

Attach the **juicing nozzle** and feed the pineapple slowly. Combine the pineapple juice with coconut milk and serve chilled.

ICE CREAMS & DESSERTS

Used as a mincer the Masticating Juicer makes ice cream with frozen fruits. Always freeze the fruits without the skins or seeds. Cut fruits into smaller pieces so they fit into the hopper.

TIP Remove the frozen fruits from freezer just before use.
Mixing in frozen bananas gives a creamy consistency to the ice cream.

Using as a mincer

1. Assemble the juicer following the instructions using the blank strainer and mincing nozzle or juicing nozzle depending on the consistency desired.
2. Place the chilled juice bowl under the pulp discharging outlet.

Ice Cream Recipes

(make 2 servings)

Berry Ice Cream

Ingredients

1 container of frozen berries, 3 bananas

Method

Attach the **juicing or mincing nozzle** and feed the berries and bananas alternating between each a creamy ice cream.

Sweet Carob Ice Cream

Ingredients

3 frozen bananas sliced, 2 tbsp carob power
1 tbsp honey, 2 tbsp water

Method

Mix honey, carob and water and pour over frozen banana slices. Attach the **juicing or mincing nozzle** and feed the mixture into the hopper.

Pineapple Sorbet

Ingredients

1 frozen pineapple

Method

Attach the **juicing or mincing nozzle** and feed the pineapple into the hopper.

Coco Mango Ice Cream

Ingredients

2 frozen mangoes, 2 frozen bananas
½ cup cubed fresh coconut, ½ cup frozen dates

Method

Attach the **juicing or mincing nozzle** and feed the mangoes, bananas, coconut and dates alternating between each. Mix well.

Maco Fruits Ice Cream

Ingredients

2 cup diced frozen fruits
3 bananas
½ cup macadamia nuts (soaked for 8 hours, rinsed, and drained well)
1 tsp vanilla extract

Method

Attach the **juicing or mincing nozzle** and feed the fruits and macadamia nuts alternating between each. Quickly stir in vanilla extract.

MINCING & PUREE

Used as a mincer the Masticating Juicer makes baby food, purees, sauces, grinds meat, and minces dried fruits, garlic, onion, or ginger.

Using as a mincer

1. Assemble the juicer following the instructions using the blank screen and mincing nozzle or juicing nozzle depending on the thickness desired.

Mincing & Puree Recipes

Bliss Balls

Ingredients

2 cups almonds
(soaked for 8 hours, rinsed, and drained well)
1 cup unsulphured dried fruits
(e.g. figs, dates, raisins and apricots)
½ cup coconut flakes

Method

Attach the **juicing or mincing nozzle** and feed the almonds alternating with dried fruits. Form into small balls and roll in coconut flakes.

Sunflower Hummus

Ingredients

1 ½ cups sunflower kernels
(soaked for 8 hours, rinsed, and drained well)
½ cup chopped scallion
1 cup chopped parsley
¼ cup lemon juice, ¼ cup orange juice
2 tbsp hulled tahini
1 tbsp honey or maple syrup
2 tbsp Braggs liquid aminos
Pinch of cayenne pepper(optional)
grated ginger(optional)

Method

Combine sunflower kernels, parsley and onion. Attach the **mincing nozzle** and feed the mixture into the hopper. Add liquid ingredients and seasonings. Mix well.

Sweet Grain Cookies

Ingredients

2 cups grain
(soaked for 8 hours, rinsed, and drained well)
1 cup seeded grapes
Cinnamon to taste

Method

Combine ingredients in a bowl. Attach the **juicing nozzle** and spoon the mixture into the hopper. Turn off the juicer when the cookies are at desired size and repeat the process until all cookies are made.

Salsa

Ingredients

4 ripe tomatoes
½ red or green pepper
½ celery stalk
1 small onion
1 clove garlic
1-2 tbsp fresh coriander
1/3 tsp cumin
Braggs liquid aminos
Cayenne pepper or fresh chilli(optional)

Method

Attach the **mincing nozzle** and feed the vegetables into the hopper. Add dry ingredients and seasonings to minced vegetables and serve.

Recipes

PASTA

Used as a pasta maker the Masticating Juicer makes homemade angel pasta, spaghetti, fettuccine and other variety of noodles.

Using as a pasta maker

1. Assemble the juicer following the instruction using the blank strainer. Attach flat or round nozzle depending on the thickness and type of pasta desired.

Pasta Recipes

Egg Free Pasta

Ingredients

2 cups semolina flour

½ cup warm water

½ tsp sea salt(optional)

Method

In a large bowl mix the dry ingredients with warm water until the dough forms a ball. Transfer on to a floured surface and knead until the dough is smooth. Divide the dough into an appropriate size to fit in the hopper. Attach your choice of **pasta nozzle** and feed the dough into the hopper. Turn off the juicer when the noodles are at desired length and cut with scissors. Repeat the process until all noodles are made.

TIP

Use tomato juice(or paste), spinach juice or carrot juice to make colored pasta. Sprinkle a little flour on the pasta as it piles up to prevent the noodles from sticking together.

Troubleshooting

PROBLEM	SOLUTION
When motor does not work	Check that the unit is plugged in correctly and your outlet has power.
When the auger stops during use	Unplug and disassemble juicer to check to see anything is clogged in the auger.
The auger is grinding/wearing	Avoid running the juicer for long periods empty.
The strainer does not separate the juice	Adding ingredients too fast into the chute may clog the strainer. Use the reverse button to unclog the food and disassemble the unit to clean the strainer before further use.
Amount of juice is less than normal	Juice production depends on how fresh the produce is. Older produce tends to dry out and will yield less juice. Increase yield with older produce by soaking it water before juicing.
Juicer is yielding wet pulp	Combine produce with low fiber, like carrot, with high fiber, like kale, to decrease the moisture content of the pulp and increase juice yield. Try to avoid using the pusher
Part of the drum cap is blocked during juicing	This means that pulp is clogged in the drum cap. To solve this, juice food with high fiber to unclog the pulp.
When juicing grapes, the skin is not ejected	Use the mincing nozzle for better results. The grape skin may clog the strainer, so insert one or two pieces of carrot to unclog during operation.
Juice is not being produced and pulp is backing up	Adding too much ingredients at once can cause this problem. Stop adding produce and cycle the operation between 'FORWARD', 'STOP', and 'REVERSE' several times to unclog. Add food more slowly to prevent this problem.
Poor results when making noodles	Make sure the dough is not too watery. Also try oiling the auger.
Rice is not grinding well	There should be no moisture in the rice and it has to be completely dry in order to work well. For best results use a blender instead like our Kuvings Hybrid Blender

Product specifications

Product	Juice Extractor
Model No.	NJE-3520U, NJE-3530U, NJE-3540U NJE-3570U, NJE-3580U, NJE-3590U
Voltage	AC120V, 60Hz
Power Consumption	170W
Screw Speed	80RPM
Motor	Single Phase Induction
Continuous Running Time	30min MAX
Product Size	(L) 308mm X (H) 240mm X (W) 164mm

*Specifications or features subject to change at any time without notice.

