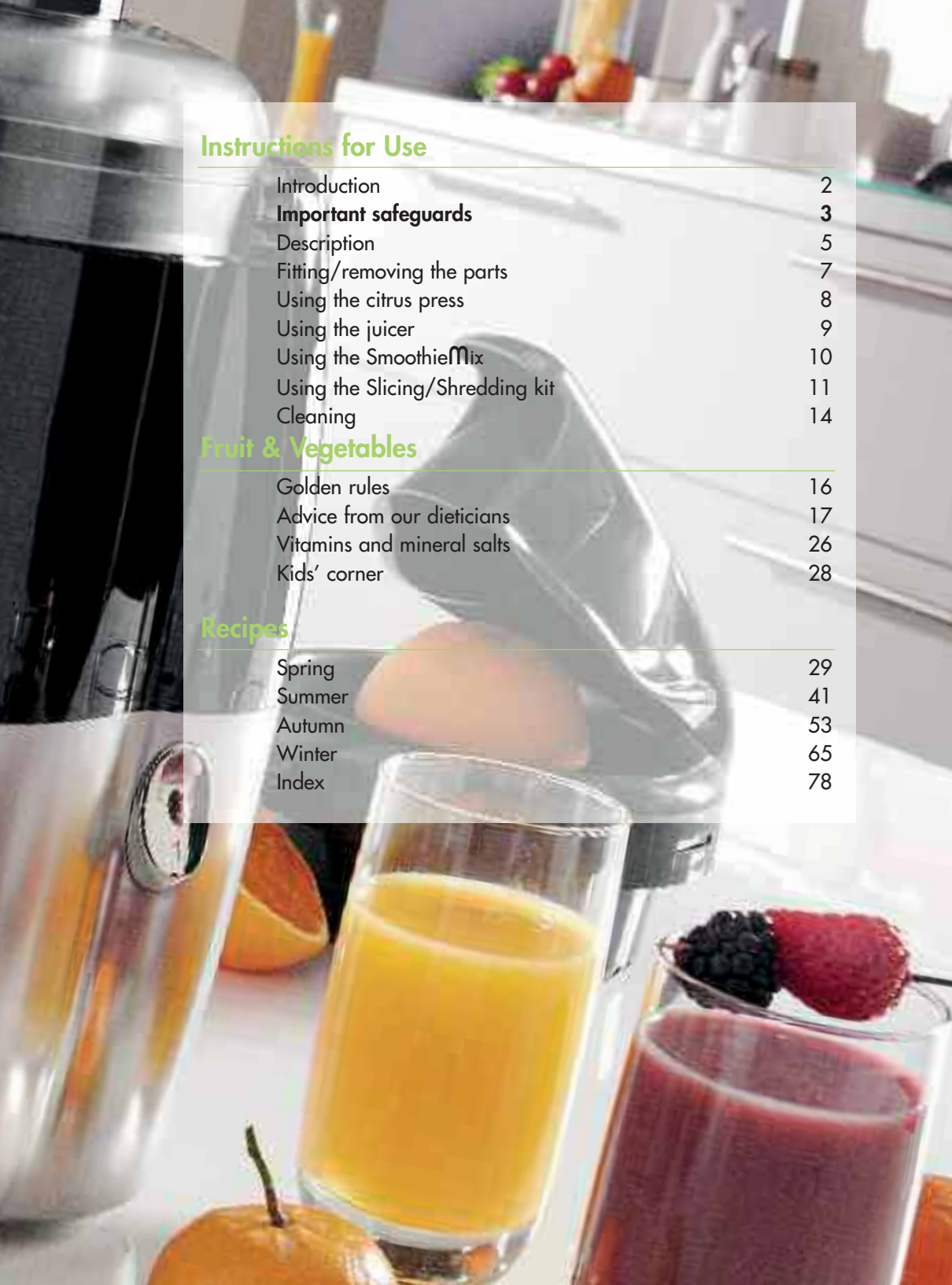
Le Duo



magimix®


Le Duo Plus XL
magimix



Instructions for Use

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We all know just how good fruit and vegetables are for us.

There are 1001 ways of preparing them, but juices are a particularly simple and enjoyable means of increasing our daily intake.

This is why Magimix has created Le Duo, a unique appliance that can turn all your fruit and vegetables into juices, smoothies, nectars, coulis, and even exciting salads, with every season bringing fresh inspiration.

Based in the heart of Burgundy in France, Magimix has forty years' experience in designing and manufacturing simple, robust and efficient appliances that satisfy your gourmet needs while looking after your health.

It was only natural for Magimix to join forces with INTERFEL, the French fresh fruit and vegetable joint-trade organisation that has been tasked by the French Government to raise awareness, educate and inform consumers about healthy eating and the importance of fresh fruit and vegetables.

For several years now, Magimix has been helping INTERFEL carry out its missions by:

- designing practical, long-lasting kitchen appliances that take the hassle out and put the fun back into cooking with fruit and vegetables on a daily basis;
- developing recipe books packed with imaginative ideas for including fruit and vegetables in our everyday diet;
- communicating about cookery, fresh fruit and vegetables, health and fitness, the pleasure of eating well, and the enjoyment of sharing meals with family or friends.

We very much hope that your Duo will give you every satisfaction and help you get all the vitamins you need.







& les fruits et légumes frais

magimix

⚠ IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken, including the following:

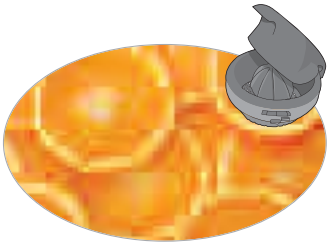
- Read through all the instructions carefully.
- To avoid the risk of electric shock, never immerse the appliance in water or any other liquid.
- This appliance can be used by persons with reduced physical, sensory or metal capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved. Children should not play with the appliance. This appliance shall not be used by children. Keep the appliance and its cord out of reach of children
- Only for citrus press use: this appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. Keep the appliance and its cord out of reach of children aged less than 8 years.
- If the supply cord is damaged,or if the appliance is damaged in any manner, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Always unplug your appliance if you are leaving it unattended, and before cleaning it, or fitting or removing parts.
- Before plugging an appliance in, check that the voltage indicated on that appliance corresponds to the voltage of your mains supply.
- Models with a chrome finish must always be connected to a grounding outlet with their original power cord.
- Never allow the power cord to dangle over the edge of your worktop and make sure it never comes into contact with hot surfaces.
- Do not use the appliance if the rotating sieve or the protecting cover is damaged or has visible cracks.
- Your appliance is equipped with a thermal protection that automatically stops the motor if it has been running for too long or is overloaded. If this happens, turn your machine off and wait for it to cool down completely before switching it on again.
- Never leave your appliance running unattended, even though you do not have to keep the button pressed.

⚠ IMPORTANT SAFEGUARDS

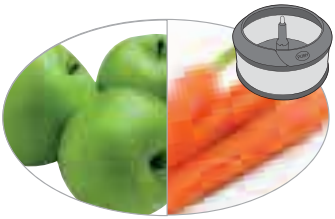
- Never insert a foreign object – including your fingers - in the feed tube while the juicer is running, to prevent serious injury and avoid damaging the appliance. Always use the pusher.
- Check that the lid is completely level and correctly locked into position before switching your appliance on.
- Never attempt to override the safety mechanism.
- Press the 0 button and wait for all the moving parts to stop before removing the lid.
- Never use your appliance outside
- This appliance is intended solely for domestic use.
- The following usages are not covered by the warranty: in kitchen areas reserved for personnel in shops, offices and other workplace environments, on farms, by the patrons of hotels, motels and other commercial environments of a residential nature, and in bed and breakfast-type environments.

KEEP THESE IMPORTANT SAFEGUARDS IN A SAFE PLACE

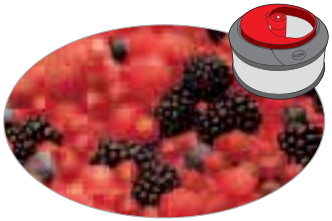
FOR DOMESTIC USE ONLY



Citrus press
Ideal for citrus fruits such as oranges, lemons and grapefruits.
Result: quick-to-make juice with no pips and exactly the right amount of pulp.



Juice extractor
Ideal for firm-fleshed fruit and vegetables, such as apples, carrots, melons and cucumbers.
Result: a clear juice without any pulp.



SmoothieMix *
By adding the patented paddle, you can transform your juice extractor into SmoothieMix. Ideal for soft (or cooked) fruit and vegetables, such as raspberries, blackcurrants and tomatoes.
Result: a thick smoothie, nectar-or coulis-type juice and highly efficient for maximum juice extraction : + vitamin C, + juice, + antioxidants

Never use this attachment for juicing hard fruit and vegetables (carrots, coconut, etc.), as you may damage your appliance.

With some fruit and vegetables, such as pears and pineapples, you can choose between the juicer and the SmoothieMix, depending on the end result you are looking for:
- juice extractor: a clear juice but a lower yield
- SmoothieMix : a nectar/coulis and a higher yield

To find out which attachment is most suitable for each type of fruit or vegetable, consult the A-Z listings on pages 17-25.

* **depending on the model**

Citrus press



Lever arm



Large citrus cone



Small citrus cone



Citrus press basket

Juice Extractor



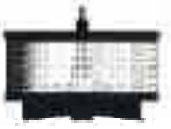
Pusher



Lid



Juice extractor basket removable rim



Juicer basket

SmoothieMix*



Pusher



Lid



Paddle



Juice extractor basket removable rim



Juicer basket



Slicing/Shredding kit*



Pusher



Lid



2- and 4-mm grating/slicing discs**



Disc support



Midi bowl



Spatula

* depending on the model

** The function is engraved on the disc: R/G = Grater, E/S = Slicer
The numbers indicate the thickness of the cut (e.g. 2 = 2 mm)

Carefully wash all the parts before using your appliance for the first time (p. 14).



Unwind the length of power cord you require and thread it through the slots on the underside of the motor base to avoid vibrations.



Assembly: lower the bowl onto the motor shaft, spout facing left and turn anti-clockwise.



Turn the bowl anticlockwise until it locks into place. Fit the required attachment (p. 8-11).

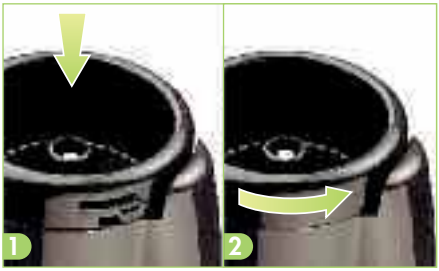


Removal: unlock the citrus press basket or the lid by turning clockwise.

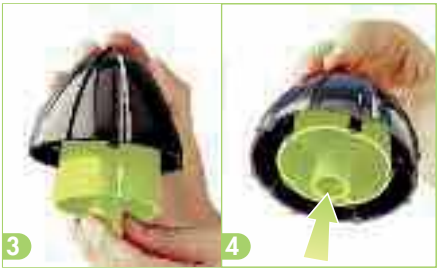


Turn the bowl clockwise and lift up the bowl.

NOTE: your appliance will only start if both the bowl **AND** the lid (or the citrus press basket) are locked into place.
When not using your appliance, only turn the lid (or the citrus press basket) partway, so that it is not locked into position.



Lower the citrus press basket into the bowl and turn it anticlockwise until it locks into position.



Choose the cone according to the size of your citrus fruit. The larger cone should always be fitted onto the smaller one.



Lower the cone onto the motor shaft. Position the lever arm opposite the locking device and clip the tab to the base of the basket.



Place a glass under the spout. Position the halved fruit on the cone, pressing down gently.



Lower the arm. Press (1), then apply **GENTLE** pressure to the lever arm until all the juice has been extracted.



At the end of the operation, switch the appliance off (0) **before** raising the lever arm, in order to avoid splashing.

✱ When juicing grapefruit, release the pressure very slightly from time to time, in order to extract the maximum amount of juice.



Assembly: lay the rim flat on the edge of the basket and press it down all around until it is completely horizontal (the rim ends should be aligned).



Lower the juicer basket onto the motor shaft.



Place the lid on top of the bowl and turn anticlockwise until it locks into place.



Place a glass under the spout. Switch the machine on (1) and allow it to run **without interruption** until the operation is finished.



Introduce the fruit and vegetables into the feed tube. **Gently** guide them through with the pusher.
Switch the appliance off (0).

⚠ WARNING ⚠

- Never insert a foreign object – or your fingers - into the feed tube.
  Always use the pusher supplied.
- Wait for the juicer basket to come to a complete standstill before unlocking the lid.

✱ If your appliance starts to vibrate, switch it off and empty the juicer basket.
For maximum yield, apply gentle pressure via the pusher so that the fruit (or vegetables) come into direct contact with the grater.
At the end of the operation, wait a few seconds for the appliance to finish extracting the juice before switching it off.



Assembly: lay the rim flat on the edge of the basket and press it down all around until it is completely horizontal (the rim ends should be aligned).



Slide the juicer basket onto the motor shaft.



Insert the paddle into the juicer basket.



Place the lid on top of the bowl and turn it anticlockwise until it locks into place.



Introduce your fruit into the feed tube, either left whole or cut into large pieces. **Gently** guide it through using the pusher. Allow it to run without interruption until the operation is finished.

⚠ WARNING ⚠

- Never insert a foreign object - or your fingers - into the feed tube. Always use the pusher supplied for that purpose.
- Always wait for the juicer basket to come to a complete standstill before opening it.
- Never attempt to process hard fruit or vegetables with this attachment.

✱ If your appliance starts to vibrate, switch it off and empty the juicer basket.
For maximum yield, apply gentle pressure via the pusher so that the fruit (or vegetables) come into direct contact with the grater.
At the end of the operation, wait a few seconds for the appliance to finish extracting the juice before switching it off.



Lower the midi bowl onto the motor shaft inside the bowl.



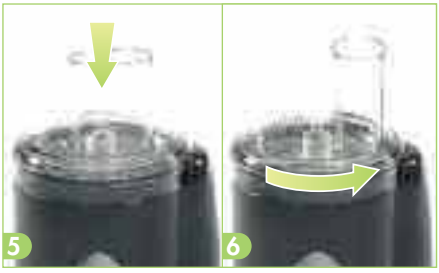
Slide the disc support onto the motor shaft.



Position the disc on top of the disc support, with the relevant function and thickness indicators uppermost.



If the disc doesn't fit correctly turn anti-clockwise until it is securely fitted.



Position the lid and turn it anticlockwise until it locks into place.

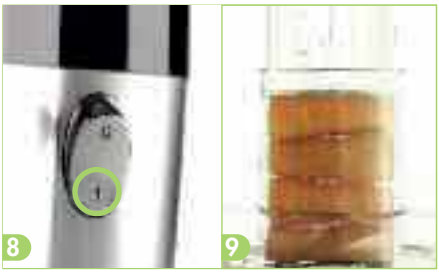
⚠ WARNING ⚠

- Always handle the discs with caution, as the blades are extremely sharp.
- Never insert a foreign object - including your fingers - into the feed tube. Always use the pusher supplied for that purpose.

✱ The function is engraved on the disc: R/G = Grater, E/S = Slicer.
The figures correspond to the thickness of the cut (e.g. 2 = 2 mm).



Insert your fruit or vegetables.



Switch the machine on and press down using the pusher.



Slicing: stand long fruit and vegetables (carrots, leeks, etc.) upright and make sure they fill the feed tube.



Round fruit and vegetables (apples, tomatoes, etc.) can be cut in half, if necessary.

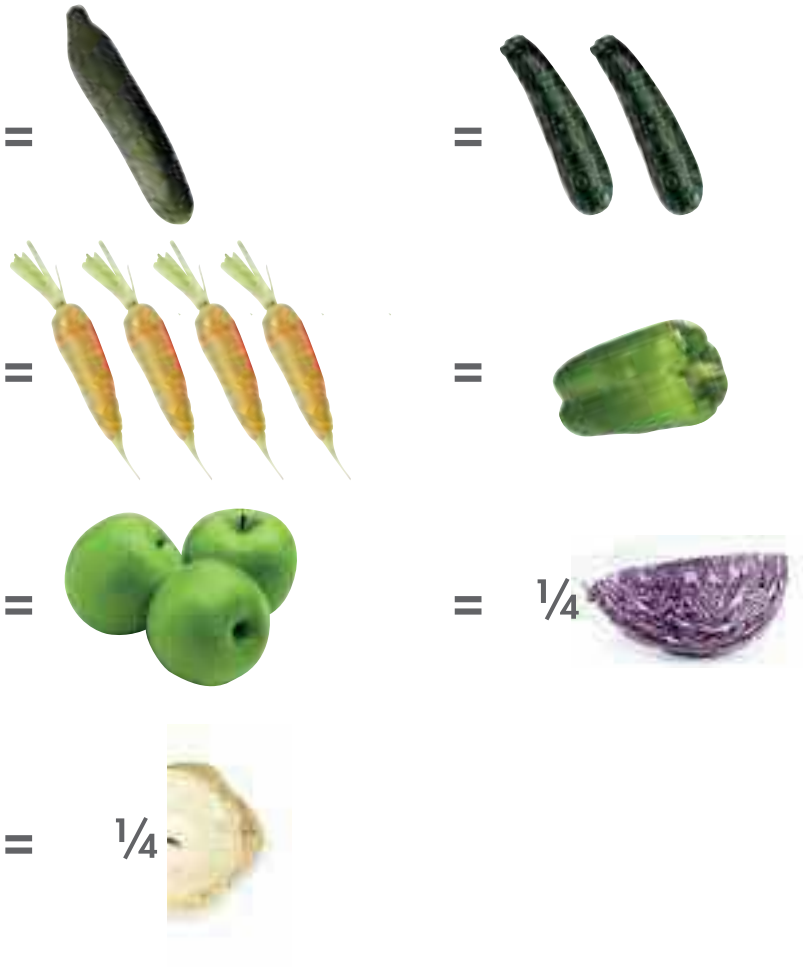




Grating: for longer shreds, stack the fruit and vegetables horizontally in the feed tube.

600 g MAX

grated or sliced fruit and vegetables



Equivalents based on medium-sized fruit and vegetables.

It is very important not to exceed the maximum processing capacity. If you hear a rubbing sound, switch the appliance off immediately.
Empty the bowl regularly if you wish to process larger amounts.

CLEANING

Always unplug your appliance before you clean it.
Disassemble all the parts (p.7) and clean them immediately after use (water and washing-up liquid).



Bowl: push the spout into the cleaning position.
Citrus press: unclip the lever arm by pulling the tab free.



Juicer: remove the rim.
Press towards the inside where it says PUSH, then lift it off.



Using the short side of the spatula, scrape out the bulk of the pulp from inside the basket.



Then scrape the outside clean, holding the basket under a gently running tap to wash the pulp away.



If necessary (e.g. after juicing berries), use a washing-up brush.



Motor base: wipe with a damp cloth. Avoid abrasive products.

* To avoid seriously damaging the removable parts:
- Detergents: check that they are compatible with plastic items.
- Dishwasher: select the minimum temperature.
- Handwashing: avoid leaving items to soak in detergent for too long.








1. *Respect the seasons.* No more strawberries in January! Seasonal fruit, picked when ripe, near you and just before you eat it, has far more flavour and far greater nutritional value than fruit that has ripened in your fridge or in the hold of a ship. What's more, it's good for the planet!

2. *Buy fresh produce in small amounts* The fresher the fruit and vegetables, the more vitamins they will contain and the more juice they will yield. So it's best to buy as and when you need them. Look out for those unmistakeable signs of freshness: smooth skin, green leaves, no bruising, etc.

   If possible, opt for organic produce, especially in the case of fruit and vegetables you don't need to peel, as the skin is generally rich in nutrients. It will also have far more flavour!

3. *Use a variety* different fruit and vegetables contain different substances and therefore benefit your health in different ways.

4. *Always rinse* your fruit and vegetables before using them. Obvious, really…. Don't leave them to soak for hours - just run them under the tap.

5. *Store in a cool place!* Some fruit and vegetables don't like the cold and prefer to be put in a fruit bowl (tomatoes, avocados, etc.), while others can be kept in the vegetable compartment of your fridge (carrots, cucumbers, peppers, etc.). Whatever the case, they all need to spend an hour in the fridge before being juiced, as juice is nicer chilled than lukewarm. If you add ice cubes, make sure they were made with good-quality water.

6. *Drink immediately.* Drink or use it immediately, if possible, as some vitamins, particularly vitamin C, are fragile and can be destroyed by exposure to light and to air (oxygen). If you have to store your juice for a while, add a few drops of lemon juice so that it keeps for longer and put it in the fridge.

7. *Have fun!* You can make an endless number of healthy and delicious concoctions with your juicer, so give your imagination free rein.

   Fruit is rich in fructose (a natural sugar), so if you are sugar intolerant, drink your juice in moderation.

   In the A-Z listings on the following pages, INTERFEL dieticians Camille Roy and Virginie Roux describe the benefits of different fruit and vegetables and tell you how to choose the best ones.

Apple



Select firm fruit with good skin. There are hundreds of varieties to choose from, ranging from the tart and refreshing Granny Smith to the milder, sweeter Golden Delicious. Wash them and process them directly in the juicer without peeling or deseeding them.
Benefits: apples contain a wide variety of antioxidants.

Apricot, Peach, Nectarine

or

Select fruit that are fully ripe: they will be fragrant, a good colour and feel heavy in the hand. Wash them and remove their stones. Their flesh yields a fairly thick nectar, so if you are using the juicer attachment, you may need to combine them with other, juicier, fruit or vegetables, to get the juice flowing and dilute the pulp.



Benefits: apricots are exceptionally rich in provitamin A (50% of recommended daily intake). These stone fruits are very digestible, as their fibres consist mainly of pectin, which is very well tolerated.

Asparagus



Select firm, young spears, either white for a subtle, delicate flavour, or green for a more pronounced taste. Wash and discard the tough, woody ends before processing them in the juicer.
Benefits: asparagus juice contains diuretic compounds and elements such as potassium that promote renal function.

Banana

Choose fruit with uniformly yellow skin. Banana flesh is so thick that when it is pressed, it produces a purée rather than a juice. This is why it is a good idea to combine it with other fruit. Always process bananas (peeled) first, followed by other, juicier fruit to dilute the purée.
Benefits: this high-energy food (90 kcal/100 g) is extremely rich in potassium (a single banana meets the recommended daily intake). Nutritious and easy to digest, bananas are rich in starch, phosphorus and vitamins A, B and C.



Spring Summer Autumn Winter

Beetroot

Choose firm ones that are not too big. Scrape and cut into pieces before processing them in the juicer. As it is often difficult to find raw beetroots in the shops, you can used cooked ones, bearing in mind that their nutritional value will be slightly lower.

Benefits: beetroots are rich in sugars, especially saccharose, and minerals.

Blackberry



Choose soft, plump, shiny fruit. If you are buying them, check that there is no juice at the bottom of the punnet. Rinse them briefly under the tap and drain on kitchen paper before processing them in the SmoothieMix.

Benefits: blackberries contain many minerals, including potassium, calcium, magnesium and iron, as well as trace elements, such as zinc, copper and manganese. Blackberries ward off cardiovascular disease by strengthening capillary walls.

Blackcurrant, Redcurrant, Blueberry



Select firm berries with shiny skins (blueberries should have a bloom on them). To enjoy them all year round, remove them from their stalks, wash them, dry them and freeze them in punnets. If you are using fresh berries, strip them from their stalks before processing them using the SmoothieMix. As redcurrants have virtually the lowest sugar content of any fruit, use cane syrup to sweeten their rather tart juice.

Benefits: these red fruits are rich in vitamin C and antioxidants, some of which play a role in the formation of the retina.

Broccoli



Choose broccoli heads with tight, dark green florets. You can process both stalks and florets in the juicer. As broccoli juice is quite bitter, it is a good idea to combine it with other juices.

Benefits: broccoli belongs to the cabbage family, which is known for its anti-cancer properties.

Carrot

Select very hard carrots with a smooth, undamaged skin. There is no need to peel them, providing you scrub them well before cutting them into pieces. Make sure you always have a supply of fresh carrots to hand, as carrot juice serves as the basis for a host of cocktails.

Benefits: extremely rich in provitamin A (betacarotene), carrots are very good for the skin and mucous membranes, as well as for night vision.



Celery

Choose firm sticks that are very fresh and have a good green colour. Wash and cut them into pieces before processing them in the juicer. With its slightly salty taste, celery juice goes well with other fruit and vegetable juices (apple, tomato, etc.).

Benefits: celery contains many rare trace elements. It can restore the body's pH balance and eases muscle cramps

Cherry



or

Choose large, plump cherries (e.g. Burlat) that have dark red, blemish-free skin and are preferably still on their stalks. Cherry juice is very fragrant, but requires rather a lot of preparation, as the fruit has to be washed, pitted and destalked before being processed.

Benefits: cherries are the sweetest of all the red fruit. They are very rich in vitamin A, which is useful for night vision. They also have a high potassium content, meaning that they are diuretic. Cherry juice has antibacterial properties, neutralising the enzymatic activity that leads to the formation of dental plaque.

Citrus fruit

(Lemon, Orange, Grapefruit)

or or

Always choose fruit that are heavy for their size and have a thin, shiny skin. The simplest way of extracting their juice is to use the citrus press. However, when making cocktails, you may find it more convenient to peel them and process them in the juicer or SmoothieMix along with the other fruit.



Spring Summer Autumn Winter

Benefits: citrus fruit are extremely valuable for combating stress and tiredness. Although they taste acidic, they actually have a useful alkalinizing effect in the system, neutralizing the acid ash left by all the meat we consume.

Coconut



Choose a coconut that is heavy for its size and does not have any cracks. Its "eyes" should be intact and above all show no signs of mould. Begin by piercing one of these eyes with a knife and collect the coconut water in a glass. Smash the coconut with a hammer, remove the shell and break the flesh into small pieces. There is no need to remove the dark rind. Put the pieces through the juicer to grate them. Next, add the coconut water and/or mineral water via the feed tube to rinse the pulp and make coconut milk. Keep the shredded coconut for making cakes.

Benefits: about a third of coconut flesh is fat, making it a good energy source, unlike coconut water, which only contains carbohydrates, minerals and trace elements.

Cucumber



Choose very firm, dark green cucumbers. Wash, but do not peel, in order to retain as many vitamins and minerals as possible. Very thirst-quenching, cucumber juice is quite watery and can be used to tone down stronger tasting juices (radish, pepper, etc.).

Benefits: low in calories, but rich in minerals, especially potassium. It contains not just vitamin C, but also all the B-complex vitamins. When taken on an empty stomach, cucumber juice is reputed to have depurative properties and to stimulate the appetite.

Fennel

Choose firm, white bulbs with a few plumes still attached. Wash and cut into pieces. Its anise flavour goes well with other juices (apple, orange, etc.).

Benefits: fennel has a high concentration of aromatic essential oils with antispasmodic properties.



Ginger

Only use firm, fresh roots with no wrinkles. You only need a small piece of ginger root and this must always be processed in the juicer before the other fruit and vegetables, when making zingy cocktails.
Benefits: ginger is rich in minerals, but poor in sodium. It is therefore ideal for seasoning dishes in a salt-free diet. Ginger has many medicinal qualities, aiding digestion, and combating travel and morning sickness.

Grape

or



Grapes should be firm, of uniform size and firmly attached to their stalks. Wash them carefully and strip them from the bunch. Their sweet juice is very popular with children.
Benefits: as grape juice is very sweet, it can help sportsmen and women recover quickly after intense physical exercise. If it is part of a slimming diet, it needs to be diluted or combined with the juice of another fruit.

Guava



or

Choose guavas with pale yellow skin - a sign of ripeness. Remove this skin before processing in the juicer or the SmoothieMix. As its flesh is very dense, it is a good idea to process just one fruit at a time and to empty the juicer basket before processing other types of fruit.
Benefits: guavas are exceptionally rich in vitamin C. The juicer provides a means of eliminating most of its insoluble fibres, which might otherwise irritate sensitive intestines.

Kiwi



or

Select ripe fruit that are soft to touch. Peel and cut into pieces.
Benefits: extremely rich in vitamin C, it is an excellent all-round tonic.

Lettuce



Select a lettuce with lush green leaves. Detach a few leaves, wash them and roll them together to form a small package that can then be introduced into the feed tube. Its juice is quite bitter, so it is best to mix it with other juices.

Spring Summer Autumn Winter

Benefits: all lettuce varieties (except for the Iceberg) contain high levels of vitamin K, which promotes blood coagulation.

Lychee



or

Choose lychees with pink or red husks. Tinned lychees are easy to find, but the flavour of fresh fruit is vastly superior. Remove the husks and stones before processing in the juicer or SmoothieMix.
Benefits: a sweet fruit with quite a high calorie content. The husk efficiently protects the vitamins (C and B-complex) and minerals it contains.

Mango, Papaya



or

The flesh of a ripe mango or papaya should be soft to touch. Peel the fruit and remove their stones or seeds. If using the juicer attachment, you may need to follow a mango or a papaya with juicier fruits to dilute the pulp. The less flavoursome papaya particularly benefits from being combined with other ingredients.
Benefits: Mango: one of the richest fruits in provitamin A, which is good for the skin and the mucous membranes.
Papaya: contains papaine, which aids protein digestion.

Melon, Watermelon



or

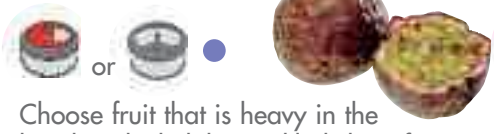
Choose a heavy melon without any blemishes. You should be able to pull the stalk away slightly. A watermelon's skin should be hard and smooth. Scoop out the seeds (of the melon) and remove the skin.
Benefits: Melon: whatever its colour, the melon is a major source of vitamin C, providing 1/3 of the recommended daily intake. Its very fragrant juice goes well with acidic fruits. Do not drink the juice chilled, as this accentuates its laxative effect.
Watermelon: very low in calories, watermelon juice has excellent depurative properties and is a natural appetite stimulant.

Parsley

Choose dark green leaves. On its own, parsley juice is quite strong-tasting and is best combined with other juices. Always process the leaves (washed and drained) in the juicer before any other vegetables.
Benefits: parsley juice is useful for combating anaemia. It is a tonic and a stimulant.



Passion fruit



Choose fruit that is heavy in the hand, with slightly wrinkled skin (if it is too wrinkled, the flesh will be dry). Cut in half and scoop the flesh out with a tsp. Its very fragrant taste will enhance many different cocktails.

Benefits: passion fruit is highly nutritious. It has antispasmodic and sedative properties. The juicer provides a means of eliminating all the seeds, which can irritate sensitive intestines.

Pear



Select firm fruit with good skin. Wash and cut into pieces, but leave the skin and pips. Add a few drops of lemon juice straightaway, as pear juice quickly oxidises.

Benefits: pears have a high water content and are therefore useful as a slimming aid. Pears contain minerals and vitamin C, which is reinforced by the presence of carotene and vitamin E. The latter are antioxidants that can help prevent the premature ageing of cells.

Pepper



Choose firm, smooth-skinned peppers. The riper the pepper, the redder it will be and the more antioxidant pigments it will contain. It will also be sweeter. Peppers should be washed and destalked. Use the juicer for raw peppers (juice) and the SmoothieMix for cooked ones (coulis).

Benefits: peppers are an excellent source of provitamin A and flavonoids (formerly known as vitamin P). As such, they have an antioxidant effect and prevent the premature ageing of cells, as well as protecting small blood vessels.

Persimmon



Originally from Japan, persimmons resemble large, orange tomatoes. Make sure you only use ones that are very ripe. Unlike other fruit, they are at their best when they are soft and no longer smooth or shiny. They have sweet, slightly honey-flavoured flesh. Wash the fruit, remove the calyces, and process in the SmoothieMix.

Benefits: rich in natural sugars, persimmons are a good source of energy. They also contain useful amounts of vitamin C and provitamin A which, together with the presence

Spring Summer Autumn Winter

of lycopene, are thought to protect the cardiovascular system.
Persimmons have a high mineral content, including potassium, which has a mildly diuretic effect.

Pineapple



Choose one that is heavy and fragrant. A pineapple is ripe if you can easily pull a leaf away from the base of the tuft. Remove the leaves and the skin, then cut into pieces.



Benefits: pineapples contain bromeline, an enzyme known to aid digestion.

Plum



Choose plump fruit with a good colour that yield slightly to the touch. Wash them, halve them and stone them.
Benefits: sweet, juicy fruit, plums are very thirst-quenching and have only a modest calorie content.

Radish



Choose hard, red radishes with healthy green leaves. Remove these leaves and wash the radishes before processing them in the juicer. Radishes have quite a peppery taste, which is useful for pepping up cocktails.
Benefits: rich in sulphur, which is responsible for that peppery taste and above all stimulates the appetite and aids digestion.

Raspberry





Select ripe, unblemished fruit. If you are picking them yourself, they should come away easily from their stalks. Avoid washing them if possible, so that they retain their full flavour.
Benefits: raspberries are a good source of calcium, iron and magnesium, helping to maintain the body's mineral balance. They are also a useful source of fibres. The juicer is a good way of their pips, which can irritate sensitive intestines.

Strawberry

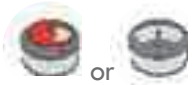




Choose the most fragrant strawberries, making sure they do not have any blemishes. Wipe them gently with

damp kitchen paper (washing them in a bowl of water makes them watery), then hull them.
Benefits: these early summer fruits replace citrus fruit (winter fruits) as a source of vitamin C.

Tomato

 or

Select ripe tomatoes with a good red colour. Wash them and remove their stalks. With the SmoothieMix, the yield will be far higher than it would be with the juicer. Fresh and natural tomato juice or coulis is quite pale, becoming more crimson when it is cooked.
Benefits: when eaten at the start of a meal, tomatoes open up the appetite. Their acid taste stimulates digestive secretions and helps the meal to be absorbed.
The juicer tomato skin, which is difficult to digest and can irritate sensitive intestines.



Nutrients	Benefits
Provitamin A (carotene)	Good for eyesight, growth and skin. Provitamin A protects the organism against free radicals.
Vitamin B9	Vitamin B9 (folic acid) prevents certain forms of anaemia and helps the nervous system function properly.
Vitamin C	By stimulating our organism's defences against infectious agents (bacteria or viruses), it reinforces our immune system. It also promotes iron absorption.
Vitamin D	It regulates calcium and phosphorus metabolism, thus ensuring healthy skeletal development.
Vitamin E	Vitamin E has antioxidant properties, helping to protect our cells.
Vitamin K	This is vital for blood coagulation and helps to fix calcium.
Calcium	It contributes to the formation and solidity of bones and teeth.
Iron	Iron plays a key role in the manufacture of haemoglobin (the vital pigment of red blood cells that carries oxygen to all the other cells in our body).
Magnesium	This regulates the metabolism of muscle, heart and nervous tissue.
Potassium	It regulates blood pressure.
Sodium	Sodium mainly helps to maintain cell hydration.
Zinc	This promotes cell renewal, the immune system and the healing of wounds.

Nutrients	Which fruit and vegetables contain the most?*
Provitamin A (carotene)	Carrot, parsley, spinach, fennel, sorrel, mango, green cabbage, watercress, pumpkin, melon, apricot, persimmon, etc.
Vitamin B9	Watercress, spinach, parsley, pepper, sorrel, broccoli, green cabbage, melon, leek, fennel, etc.
Vitamin C	Guava, blackcurrant, parsley, pepper, sorrel, broccoli, green cabbage, kiwi fruit, papaya, orange, etc.
Vitamin D	This is mainly found in fish and eggs, not fruit or vegetables.
Vitamin E	Fennel, kiwi fruit, spinach, parsley, blueberry, mango, green cabbage, sorrel, pepper, etc. *Other sources: oils, nuts, etc.*
Vitamin K	Spinach, watercress, broccoli, green cabbage, parsley, etc.
Calcium	Parsley, watercress, spinach, fennel, broccoli, Swiss chard, blackcurrant, green cabbage, sorrel, orange, etc *and, of course, dairy products, etc.*
Iron	Parsley, watercress, spinach, fennel, blackberry, broccoli, blackcurrant, mango, redcurrant, etc. *Other sources: calf's liver, pulses, etc.*
Magnesium	Sorrel, Swiss chard, spinach, parsley, fennel, passion fruit, banana, broccoli, etc. *and don't forget chocolate, which is particularly rich in magnesium*
Potassium	Parsley, spinach, fennel, sorrel, banana, Swiss chard, broccoli, blackcurrant, pumpkin, cauliflower, etc.
Sodium	Swiss chard, celery, fennel, spinach, turnip, parsley, watercress, carrot, green cabbage, melon, etc. *and salt, of course, but never to excess!*
Zinc	Passion fruit, spinach, parsley, broccoli, cauliflower, pomegranate, raspberry, etc. *Other sources: dairy products, walnuts, etc.*

* Source: French Agency for Research and Information on Fresh Fruit and Vegetables (APRIFEL).

Getting your kids to eat fruit and vegetables can sometimes be a struggle. Here are a few useful tips!

Spark their curiosity: take them to the market to introduce them to different types of fruit and vegetables. Get them to taste them, touch them or guess their identity (with or without a blindfold). If they don't like something, don't force them. Instead, either try serving it in a different way (e.g. cooked, blended or combined with another ingredient) or else wait a few months (or even years!) before introducing it again.

The "mystery smoothie": the idea here is to mix fruit and vegetables together (e.g. Popeye's potion, p.30). Kids generally like the sweet taste and surprising colour. The one who identifies all the ingredients first is the winner! Ideal at breakfast time, to get the day off to a flying start, as well as at teatime, to recharge those flagging batteries!

"I made it all by myself!*": encourage your kids to invent their own combinations. It's a good way of using up surplus fruit and vegetables, and can give them a real sense of pride. Every season brings fresh opportunities for their imagination to run free. What's more, the end result is full of natural goodness, with no preservatives or additives…

Straws: not strictly necessary, but far more fun!

"Veg art": everything tastes so much better if it's made to look good! If they are imaginatively presented, chopped raw vegetables can really whet kids' appetites! You could even have a competition!

Fruit lollipops: help your kids to make juices or smoothies and fill lollipop moulds with them, perhaps adding some tiny pieces of fruit and a drop of cane syrup if the mixtures are not sweet enough. Freeze the lollipops for 24 hours.

Rule no.1: FUN



* Never let your children use the appliance unsupervised.



Cucumber, Carrot & Lime



Preparation: 5 min

Serves 2 glasses
½ cucumber
3 medium-sized carrots
½ lime

Wash and peel the vegetables. Peel the lime.
Put all the ingredients through the juicer, starting with the lime, and drink immediately.
Not only refreshing, but good for your skin.

Power Cocktail



Preparation: 5 min

Serves 2 glasses
½ bunch parsley
1 orange
3 carrots

Peel the orange. Wash the parsley and carrots. Top and tail the carrots.
Process the parsley in the juicer first, followed by the orange, then the carrots.

Strawberry & Banana Nectar



Preparation: 5 min

Serves 2 glasses
10 strawberries
1 banana
1 lime
1 tsp clear honey

Peel the banana and cut into pieces. Wash and hull the strawberries. Juice the lime in the citrus press. Replace the citrus press attachment with the SmoothieMix and process the banana, followed by the strawberries.
Stir in the honey and lime juice. Place 2 tbsp of crushed ice in each glass and pour the juice over the crushed ice.
If you find the nectar too thick for your liking, you can dilute it with a little water.

Apple & Strawberry



Preparation: 5 min

Serves 2 glasses
2 apples
200g strawberries

Wash and hull the strawberries. Set two aside for decoration.

Wash the apples and cut into pieces. Put the strawberries through the SmoothieMix first, followed by the apples.

Combine and serve straightaway.

For a novel twist, add a few basil leaves and a little pepper.

Kitchen Garden



Preparation: 5 min

Serves 2 glasses
6 lettuce leaves
2 tomatoes
100g radishes
1 stick celery
½ cucumber
Chives

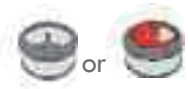
Wash all the vegetables. Roughly peel the cucumber and remove the tomato stalks.

Chop the bulky vegetables into pieces.

Process all the vegetables in the juicer, starting with the lettuce leaves rolled together, then the tomatoes, radishes, celery and finally the cucumber.

Scatter with snipped chives.

Greek-Style Cream of Cucumber



Preparation: 5 min

Serves 400ml

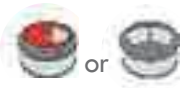
½ cucumber
250g Greek yoghurt
Chives
Mint
Salt & pepper
1 dash lemon juice

Wash and roughly peel the cucumber. Cut into pieces and put through the juicer or SmoothieMix.

Whisk the cucumber juice with the yoghurts, add the chopped mint and chives according to taste, and season with lemon juice, salt and pepper. Chill.

Serve this cream in tiny glasses as an appetiser, decorated with chive leaves.

Gazpacho



Preparation: 5 min

Serves 4*

600g very ripe tomatoes
¼ cucumber
¼ red pepper
½ garlic clove
2 tbsp olive oil
Salt & pepper

Wash the vegetables.

Roughly peel the cucumber, and destalk the pepper and tomatoes.

Chop the vegetables into pieces so that they fit inside the feed tube.

Peel the garlic.

Process all the above ingredients, either in the SmoothieMix for a creamy consistency, or in the juice extractor for a thinner consistency.

Season with the olive oil, salt and pepper.

Chill for at least 3 hours.

For a more sophisticated starter, garnish with tiny vegetable dice just before serving.

** Lower yield with the juicer attachment (2-3 servings).*



Asparagus Foam



Preparation: 15 min • Cooking: 20 min • Resting time: 1 h

Equipment: espuma gun (soda siphon)
Serves 6

1 bunch green asparagus
Chicken stock
250ml single cream
2 sheets gelatine

Wash and peel the asparagus spears, discarding the tough, woody bases. Set six spears aside. Chop the remainder into small pieces.

Immerse the asparagus in a pan of hot chicken stock (the liquid should just cover the spears) and cook for approx. 20 min until the asparagus is soft.

Add the cream and season with pepper.

Put the gelatine sheets in a bowl of cold water to soften.

Process the asparagus in the SmoothieMix, together with the chicken stock and cream.

Add the gelatine to the creamed asparagus and stir until dissolved.

Pour the resulting mixture into the espuma gun and insert a gas cartridge. Shake the gun to combine thoroughly.

Refrigerate for at least one hour.

Just before serving, heat a dash of olive oil in a frying pan and fry the reserved asparagus spears with a pinch of salt.

Serve the foam in tiny cocktail glasses, with the asparagus spears on top.



Passata di Pomodori (tomato coulis)



Preparation: 10 min • Cooking: 30 min

Serves ½ litre of coulis (after reduction)

1kg ripe tomatoes
2 tbsp olive oil
2 tsp sugar
2 garlic cloves
1 bunch fresh basil
Salt & pepper

Wash the tomatoes and cut into pieces.
Pour the olive oil into a large frying pan and briefly fry the crushed garlic cloves with the sugar, salt and pepper. Add the tomatoes and simmer to reduce (approx. 30 min).
Check the seasoning.
Process the coulis in the SmoothieMix.

The Italians make large amounts of passata during the tomato season, freezing or bottling it to use all year round.
Another method consists in putting the raw tomatoes through the SmoothieMix, then cooking them with the other ingredients.

Homemade Ketchup



Preparation: 10 min • Cooking: 1h • Resting time: 1hr

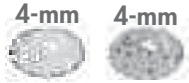
Serves 1 litre

3 large tomatoes
1 stick celery
2 large red apples
1 small mango
1 large onion
150ml red wine vinegar
250g sugar
1 tsp salt

Wash the tomatoes, apples and celery, then cut them into pieces. Peel the mango, remove the stone and cut the flesh into pieces.
Process the tomatoes, apples, celery and mango in the SmoothieMix to make a coulis.
Peel and chop the onion. Transfer the coulis to a pan, add the chopped onion and the remaining ingredients. Combine and simmer for an hour, stirring regularly. Allow to cool, then pour into sterilised jars.



Spring Clafoutis



Preparation: 10 min • Cooking: 40 min

Serves 4

3 eggs
500ml single cream
1 small courgette
1 carrot
1 small turnip
½ red pepper
1 onion
8 cherry tomatoes
Chives, thyme
Pinch ground nutmeg
1 knob butter
Salt & pepper

Preheat your oven to 170 °C (gas mark 3).
Wash the vegetables and peel them if necessary. Using the 4mm grater, grate the carrot, courgette and turnip. Empty the bowl, turn the disc over and slice the pepper and onion.
Place the eggs, cream, chives and ground nutmeg in a large bowl. Season with salt and pepper.
Whisk to achieve a smooth consistency.
Butter an oven dish and arrange a bottom layer of vegetables. Pour the egg mixture on top and add the halved cherry tomatoes, cut side uppermost.
Scatter with thyme.
Bake for 40 min.
Serve slightly warm, with a green salad and garlic vinaigrette.

Strawberry & Dessert Wine Sauce



Preparation: 5 min • Cooking: 10 min • Resting time: 1hr

Serves 500ml

200g strawberries
1 lemon
4 tbsp honey
90g sugar
500ml red wine*

Wash and zest the lemon. Bring the wine up to the boil in a saucepan with the sugar and lemon zest. Reduce by half over a high heat, then allow to cool for approx. 1 hr. After washing and hulling the strawberries, process them in the SmoothieMix. Combine the strawberry coulis with the wine reduction and the honey.

** Alcohol abuse is harmful to your health. Drink in moderation.*



Sour Jam



Preparation: 10 min • Maceration : 2 hr • Cooking: 40 min

Serves 2-3 jars

350g rhubarb
150g green tomatoes
10g ground cinnamon
350g jam sugar

Wash and peel the rhubarb.
Slice the rhubarb and green tomatoes, using the 4-mm slicing disc.
Place the rhubarb and tomatoes in a large bowl, cover with the sugar and cinnamon and set aside for 2 hours.
Transfer to a large pan and slowly bring to the boil, without adding any liquid. Boil for 20 min, then cook over a moderate heat for a further 20 min. Pour the jam into jars while it is still hot. Seal the jars with their lids and turn them upside down. Once the jam is cold, the jars can be turned upright again.

Strawberry Jam



Preparation: 10 min • Cooking: 15 min

Serves 6-8 jars

1.5kg strawberries
1.6kg sugar
Pectin*
1 knob butter

Wash and hull the strawberries. Put them through the SmoothieMix and weigh out 1.4kg. Transfer the coulis to a pan and heat.

If using powdered pectin, combine it with 2 tbsp of sugar in a bowl. Sprinkle this over the coulis, stirring gently with a wooden spoon. Boil for 3 min, stirring constantly. Add the rest of the sugar and the butter, and boil for a further 3 min, again stirring constantly. As soon as the cooking time is over, fill the jars right up to the top with jam.

NB: you should be able to find pectin (extracted from apples) in the sugar aisle of your local supermarket or grocery store. As each proprietary brand of powdered or liquid pectin is different, please refer to the manufacturer's guidelines.



Apricot, Plum & Lemon



Preparation: 5 min

Serves 2 glasses
4 apricots
4 plums
½ lemon

Wash and stone the apricots and plums.
Peel the lemon.
Process the apricots and plums in the SmoothieMix. If the mixture is too thick for your liking, dilute it with a little cold water. Enjoy.

Cherry Ripe



Preparation: 10 min

Serves 2 glasses
2 generous handfuls of cherries
2 apples

Wash the fruit. Pit the cherries.
Process the fruit in the juicer (or the SmoothieMix). Enjoy.

A subtle and energising marriage.

Melon, Cucumber, Pear & Mint



Preparation: 5 min

Serves 2 glasses
½ melon
1 small cucumber
1 pear
10 mint leaves (optional)

Remove the melon skin and pips.
Roughly peel the cucumber and cut into large pieces.
Put all the ingredients through the juicer, starting with the mint leaves.
Enjoy.

Ultra refreshing!

Pear, Blueberry & Wheat Germ Milkshake



Preparation: 5 min

Serves 2 large glasses

1 pear
150g blueberries
200ml milk
2 tsp honey
1 tbsp wheat germ
1 tbsp ground almonds

Wash the pear and cut into pieces. Wash the blueberries. Put the fruit through the SmoothieMix.

Transfer the resulting fruit nectar to a jug and whisk in the remaining ingredients.

Peach & Cherry Tomato



Preparation: 5 min

Serves 2 glasses

2 peaches
200g cherry tomatoes
6 basil leaves (optional)

Wash and stone the peaches. Wash and destalk the cherry tomatoes and set two aside for decoration.

Process all the ingredients in the SmoothieMix.

If the juice is too thick for your liking, you can add a little mineral water.

Excellent for digestion and circulation.

Red Fruit Sparkle



Preparation: 5 min

Serves 4 glasses

150g strawberries
150g raspberries
½ lemon
2 tbsp honey
500ml sparkling water

Carefully wash the fruit. Hull the strawberries and peel the lemon.

Process all the fruit in the SmoothieMix. Stir in the honey and the chilled sparkling water.

Serve straightaway.

A homemade soda guaranteed to be free of colorants and rich in vitamin C.

Fuchsia Pink



Preparation: 5 min

Serves 4 glasses

¼ watermelon
6 large strawberries
1 lime
200ml cold Earl Grey tea
Mint leaves

Brew a cup of weak Earl Grey tea and chill.
Remove the skin of the watermelon and cut the flesh into pieces (no need to remove the pips). Peel and quarter the lime. Gently wipe the strawberries with a piece of damp kitchen paper, then process them in the juicer or the SmoothieMix followed by the watermelon and the lime. Stir in the iced tea. Divide between the glasses and decorate with mint leaves.

Sunshine Smoothie



Preparation: 5 min

Serves 4 glasses

2 pink grapefruits
1 yellow nectarine
1 banana
1 pinch ground ginger
Ice cubes

Peel the banana and nectarine. Put the banana through the SmoothieMix first, followed by the nectarine.
Replace the SmoothieMix attachment with the citrus press.
Juice the pink grapefruits.
Combine the juices, add the ginger, a few ice cubes and serve immediately.
You can also peel the grapefruits and process them in the SmoothieMix, too, after the nectarine.

Green Veggie Smoothie



Preparation: 10 min

Serves 4 glasses

2 green peppers
1 cucumber
3 green tomatoes
1 spring onion
1 bunch basil
Ice cubes (optional)
Salt & freshly-ground pepper

Peel the cucumber and onion. Wash and destalk the tomatoes and peppers, and cut into large watermelon. Process all the vegetables in the SmoothieMix, starting with the basil.
Season with salt and pepper. Serve chilled, with a few ice cubes if necessary.



Watermelon Gazpacho



Preparation: 10 min

Serves 6

½ watermelon
1 cucumber
3 tomatoes
1 bunch mint
1 tsp red wine vinegar
3 tbsp olive oil
Salt & pepper

Peel the watermelon and cucumber. Wash, destalk and halve the tomatoes.

Process all the above ingredients in the SmoothieMix (or juicer) starting with the mint, then the tomatoes.

Stir in the vinegar, oil, salt and pepper.

Serve chilled.

Roasted Pepper Coulis with Olive Oil



Preparation: 10 min • Cooking: 30 min

Serves 30 cl

1 red pepper
2 yellow peppers
2 tbsp olive oil
1 garlic clove
Salt & pepper

Preheat your oven grill to its highest setting.

Wash and dry the peppers. Place them on a sheet of aluminium foil on the middle shelf of the oven. Turn regularly until they are browned on all sides (i.e. approx. 30 min).

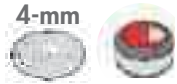
Remove the peppers from the oven and allow to cool very slightly. Remove the stalks while still hot (they will come away more easily), cut the peppers into large pieces without deseeding or peeling them (unless the skin is charred) and put them through the SmoothieMix.

Stir in the olive oil and crushed garlic clove, season to taste and enjoy.

You can either serve it hot, as an accompaniment to roast meat and fresh pasta, or cold with salmon tartare, for example.



Melon Fan with Raspberry Coulis



Preparation: 15 min

Serves 4

1 large melon
300g raspberries
½ lemon
3 tbsp icing sugar
Fresh mint

Cut the melon into quarters and remove the rind and seeds. Slice the flesh in the veg cutter with the 4-mm slicing disc. Set aside. Briefly wash the raspberries and process them in the SmoothieMix. Add a dash of lemon juice and stir in the icing sugar.

Pour a little coulis onto each plate and fan the melon slices out on top.

Decorate with a few mint leaves and serve immediately.

Strawberry, Raspberry & Melon Lollipops



Preparation: 10 min • Freezing: 24 hr

Serves 4 lollipops

1 melon
250g strawberries
250g raspberries
Cane syrup (optional)

Cut the melon into quarters and remove the skin and seeds. Gently wash the red fruit and hull the strawberries.

Process all the fruit in the SmoothieMix and add a little cane syrup if the mixture is not sweet enough for your liking. Pour this fruit mixture into lollipop moulds and freeze for 24 hours. You can add small pieces of fruit to the coulis.



Blueberry Sorbet



Preparation: 10 min • Cooking: 5 min • Sorbet maker: 20 min

Serves approximately 1 litre

600g blueberries
50g caster sugar
300ml water

Boil the sugar and 300ml water in a saucepan. When it reaches a syrupy consistency, remove from the heat.

Wash the blueberries and place them in the syrup while it is still hot. Process in the SmoothieMix and leave to cool.

Transfer the coulis to a sorbet maker and allow to churn for approximately 20 minutes.

Redcurrant Jelly



Preparation: 15 min • Cooking: 15 min

Serves 4 jars

1.5kg redcurrants
800g sugar
Pectin*
Lemon juice (optional)

Wash the redcurrants and strip them from their stalks. Process in the SmoothieMix and weigh out the juice. If using powdered pectin, mix it with 2 tbsp of sugar in a bowl. Pour the juice into a jam pan and sprinkle it with the pectin and sugar, stirring gently with a wooden spoon. Bring it to a steady boil for 2 minutes, stirring constantly.

Add the same weight in sugar, bring back to the boil and cook over a high heat for 2 minutes, again stirring constantly.

Skim off the foam and immediately pour the jelly into the jars.

* As each proprietary brand of powdered or liquid pectin is different, please refer to the manufacturer's guidelines.

Tip: add a drop of lemon juice at the end of the cooking time to preserve the colour.



Plum Fruit Paste



Preparation: 15 min • Cooking: 45 min • Drying: 24 hr

Serves approx. 60 squares

600g plums
½ lemon
700g sugar
Pectin*

Wash the plums and poach in simmering water. Drain and stone. Process the fruit in the SmoothieMix, then add a dash of lemon juice.

If using powdered pectin, mix it in a bowl with 75g sugar. Sprinkle it over the coulis and stir in delicately with a wooden spoon.

Pour this coulis into a high-sided pan and add 300g sugar. Bring to the boil, stirring constantly, add 300g sugar and continue to boil until the coulis reaches a temperature of 110°C.

Immediately pour into a lightly oiled, shallow tray (approx. 1 cm deep). Allow to set for 24 hours in the fridge, then cut into 3-cm squares, roll in granulated sugar, remove the surplus sugar and store in an airtight tin.

* As each proprietary brand of powdered or liquid pectin is different, please refer to the manufacturer's guidelines.



Beetroot, Apple & Fennel



Preparation: 5 min

Serves 2 glasses
1 small cooked beetroot
1 Granny Smith apple
1 small fennel bulb

Peel the cooked beetroot. Wash the apple and fennel and cut into pieces. Set aside a few fennel plumes for decoration.

Put all the ingredients through the juicer, starting with the beetroot. Serve immediately and enjoy.

Broccoli & Pineapple



Preparation: 5 min

Serves 2 glasses
4 florets of broccoli
½ pineapple

Detach 4 florets from a head of broccoli and wash thoroughly. Peel half a pineapple and process it in the juicer, followed by the broccoli.
Serve over ice.

Detox Juice



Preparation: 5 min

Serves 2 glasses
4 medium-sized carrots
1 cooked beetroot
¼ celeriac
½ lime

Peel the beetroot and wash the carrots and celeriac. Cut the vegetables into pieces. Process the beetroot in the juicer first, followed by the celeriac, the lime, then the carrots. You can replace the celeriac with 2 celery sticks.

Eliminates toxins and boosts energy levels.



Watercress, Parsley, Carrot & Lemon



Preparation: 5 min

Serves 2 glasses
½ bunch watercress
½ bunch parsley
4 carrots
1 lemon

Wash the vegetables. Peel the carrots if they are not organic, and top and tail them. Peel the lemon. Process all the ingredients in the juicer, starting with the watercress and parsley and ending with the carrots.

A very stimulating cocktail!

Fennel, Tomato & Lemon



Preparation: 5 min

Serves 2 glasses
1 fennel bulb
1 tomato
1 lemon
Few sprigs parsley

Wash the fennel and tomato and cut into pieces. Peel and quarter the lemon. Blend the parsley in the juicer, followed by the tomato, then the lemon and finally the fennel.

Guava, Apple & Raspberry



Preparation: 5 min

Serves 1 glass
1 guava
1 handful raspberries
1 Granny Smith apple

Peel the guava. Cut the apple and guava into pieces. Process the fruit in the juicer, starting with the raspberries, then alternating between the guava and apple pieces. Add a few ice cubes and drink immediately.

Orange, Fennel & Mint



Preparation: 5 min

Serves 2 glasses
3 oranges
1 fennel bulb
10 mint leaves

Wash the fennel and cut into large pieces. Wash the mint leaves and put 6 of them through the juicer with the fennel. Set aside the juice. Next, juice the oranges in the citrus press.
Combine the two juices and serve immediately. Decorate with the remaining mint leaves.



Pear & Celery



Preparation: 5 min

Serves 2 glasses
3 pears
1 celery stick
Ground ginger

Wash the pears and celery. Process in the juicer or the SmoothieMix. Sprinkle with a little ground ginger and enjoy.

You can also process a small piece of fresh ginger with the fruit for some extra punch.

Grape, Carrot & Lemon



Preparation: 5 min

Serves 2 glasses
1 large bunch of black grapes
3 carrots
½ lemon

Wash the grapes and remove them from the bunch. Wash the carrots and cut into pieces. Put the grapes through the juicer, followed by the carrots. Add the lemon juice. Combine and serve.

Popeye's Potion



Preparation: 5 min

Makes 2 glasses
½ pineapple
1 handful young spinach leaves
1 apple
20 mint leaves
2 limes

Peel the pineapple and cut into large pieces. Wash the spinach leaves, mint leaves and apple. Roll the spinach and mint leaves together and process them in the SmoothieMix (or juice extractor), followed by the apple, then the pineapple. Replace the SmoothieMix, or juice extractor with the citrus press and juice the limes using the small cone.



Grape & Raspberry Yoghurt



Preparation: 10 min

Serves 4 glasses

300g raspberries
1 large bunch black grapes
300g creamy yoghurt
100ml milk
½ tsp white pepper
2 tsp honey

Briefly rinse the raspberries and set a few aside for decoration. Wash the grapes and strip them from the bunch. Process the fruit in the SmoothieMix. Whisk the yoghurt, milk, pepper and honey into the grape and raspberry coulis.

Divide between 4 short tumblers and decorate with the raspberries.

Energising Tisane



Preparation: 5 min

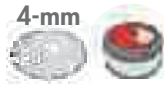
Serves 2 glasses

300g black grapes
2cm fresh ginger
200ml chamomile tisane

Wash the grapes and remove them from the bunch. Peel the ginger and process it in the juicer, followed by the grapes. Combine the grape and ginger juice with piping hot tisane.



Spicy Cream of Chestnut Squash with Orange & Carrot



Preparation: 10 min • Cooking: 25 min

Serves 6

1 small Hokkaido squash
5 carrots
2 potatoes
1 orange
Chicken stock
100ml single cream
10g butter
Ground cinnamon
Ground ginger
Salt & pepper

Wash and peel the potatoes, carrots and squash. Slice the vegetables with veg cutter attachment, using the 4-mm slicer (remember to empty the midi bowl regularly).

Cook the vegetables in a little chicken stock (the liquid should just cover the vegetables) for approximatley 25 minutes. Process in the SmoothieMix with the peeled orange.

Add the single cream and butter, and season with the spices (including salt and pepper). Serve hot.

Chicory & Fennel Salad with Orange Vinaigrette



Preparation: 5 min

Serves 6

6 chicory heads
½ fennel bulb
250g smoked salmon
250g goat's cheese
1 orange
Cider vinegar
Olive oil

Wash the chicory briefly under the tap, discard any damaged leaves and cut out the bitter core with a pointed knife.

Using the veg cutter attachment, slice the chicory with the 4-mm slicing disc and the fennel with the 2-mm one.

Arrange in a serving dish.

Cut the salmon and goat's cheese into slivers and arrange on top of the salad.

Juice the orange in the citrus press.

Combine the juice with the cider vinegar and olive oil to make a dressing.

Sprinkle this vinaigrette over the salad.



Persimmon Chutney



Preparation: 5 min • Cooking: 15 min

Serves 400ml

1 onion
2 large, ripe persimmons
1 sprig thyme
1 bayleaf
1 tsp sherry vinegar
1 tbsp honey
25g toasted pine nuts
10g butter

Wash the persimmons, remove the calyces and cut the fruit into large pieces. Process in the SmoothieMix. Soften the chopped onion in butter and add the persimmon coulis, thyme, bayleaf, vinegar and honey. Simmer for 15 minutes. Add the pine nuts at the end of the cooking time.

This chutney goes well with poultry.
Persimmon coulis is also delicious on its own, served with a dessert (e.g. chocolate cake).

Eco Apple Cake



Preparation: 5 min • Cooking: 30 min

Serves 6

8 medium-sized apples
3 eggs
2 cups* plain flour
1 cup porridge oats
1½ cups caster sugar
1 cup vegetable oil
2 tsp baking powder
1 pinch ground cinnamon
Icing sugar
* 1 cup = 200 ml

Remove the apple stalks and pips. Process the apples in the juicer. The resulting juice can either be drunk as it is or turned into a sorbet. Preheat your oven to 180 °C (gas mark 4).

Scrape all the apple pulp out of the juicer basket and into a bowl. Add all the other ingredients, ending with the flour. Mix thoroughly (the dough will be quite elastic) and transfer to a buttered cake tin. Smooth the surface and bake for approximately 30 minutes. Allow to cool and sprinkle with cinnamon and icing sugar.

Nothing is wasted, everything is recycled, and what's more it tastes fabulous!



Pineapple, Mango & Kiwi



Preparation: 5 min

Serves 2 glasses
½ medium-sized pineapple
1 small mango
1 kiwi fruit

Peel the fruit and stone the mango. Cut the flesh into large pieces. Put all the fruit through the SmoothieMix, ending with the pineapple. You can also use the juicer, but the yield will be lower. If you find this juice too thick for your liking, you can dilute it with a little mineral water.

Cranberry, Orange & Pear



Preparation: 5 min

Serves 2 glasses
1 handful cranberries*
2 oranges
1 pear

Wash the cranberries and the pear (remove the stalk).
Blend the fruit in the SmoothieMix, starting with the cranberries, followed by the pear. Remove the SmoothieMix and replace with citrus press, juice the oranges using the large cone. .

* A North American fruit, cranberries are very rich in antioxidants. They are also known to prevent urinary infections. You can replace the fresh fruit with either bottled bilberries (their European cousins) or dried cranberries, which require soaking for at least 1 hr in hot tea.

Digestion Booster



Preparation: 5 min

Serves 2 glasses
1 large slice white cabbage
½ pineapple
4 sprigs mint
1 cm fresh ginger

Peel the pineapple and process all the ingredients in the juicer or the SmoothieMix, starting with the mint, then the pineapple and ginger, and lastly the cabbage.
Enjoy.

Apple Milk Drink



Preparation: 5 min

Serves 2 glasses
2 kiwi fruit
1 Granny Smith apple
150ml milk
1 tbsp mint syrup

Peel the kiwi fruit and wash the apple. Cut the fruit into pieces and put through the juicer.

Transfer the juice to a jug and whisk in the milk and mint syrup.

Drink immediately.

Passion Fruit, Banana, Orange and Lime



Preparation: 5 min

Serves 2 glasses
6 passion fruit
1 banana
2 oranges
1 lime

Halve the passion fruit and scoop out the flesh with a tsp. Process in the SmoothieMix, followed by the banana, peeled and cut into pieces. Juice the oranges and lime in the citrus press (if you prefer, you can also peel the citrus fruit and process everything in the SmoothieMix). Combine the juices in a shaker with ice cubes.

Apple, Carrot & Orange



Preparation: 5 min

Serves 2 glasses
1 apple
2 oranges
2 carrots

Wash the fruit and vegetables. Top and tail the carrots and cut the apple into pieces. Process the apple and carrots in the juicer and set aside the juice.

Juice the oranges in the citrus press (if you prefer, you can peel the oranges, separate the segments and process everything in the juicer).

Combine the juices in a shaker, with a little crushed ice if you like. Drink immediately, while ice cold.

An essential cocktail that everyone will love. To give it a little more character, you can add a stick of celery.

Pineapple, Papaya & Soya Milk Cocktail



Preparation: 5 min

Serves 4 glasses
2 papayas
6 slices pineapple
200ml soya milk
1cm fresh ginger
2 tbsp lime juice

Peel the papayas, remove the seeds, cut into large pieces and process in the SmoothieMix.

Peel the pineapple slices and cut into pieces. Process in the SmoothieMix with the piece of fresh ginger.

Add the lime juice and stir in the soya milk.

Mix well and serve immediately.

A Taste of Thai



Preparation: 5 min

Serves 2 glasses
10 lychees
¼ pineapple
1 apple
200ml coconut milk
1cm lemongrass*

Peel and stone the lychees. Peel the pineapple and cut into large pieces. Wash the apple. Process the lemongrass in the SmoothieMix, followed by the lychees, then the pineapple and lastly the apple. Stir in the coconut milk.

** You can also use ground lemongrass.*



Pomegranate Syrup

Preparation: 15 min • Cuisson : 15 min



Serves approx. ½ litre syrup

3 pomegranates
Sugar
½ lemon

Peel the pomegranates and collect the seeds, making sure you remove all the bitter white pith. Put the seeds through the juicer.

Combine the pomegranate juice with an equal volume of sugar in a small, thick-bottomed saucepan. Bring to the boil, whisking constantly until all the sugar has dissolved.

Reduce for approximately 10 minutes, stirring from time to time.

Allow to cool slightly, then add 1 tsp lemon juice. Transfer to a glass bottle and seal.

Keeps for 1 month in the refrigerator. Select ripe pomegranates that are heavy for size.

Beetroot, Orange & Cumin

Preparation: 5 min



Serves 6

6 small cooked beetroots
1 orange
Ground cumin
Salt & pepper

Peel the beetroots and peel the orange.

Put through the SmoothieMix. Stir in the cumin, salt and pepper.

Serve as an appetiser with pan-fried jumbo prawns.



Cream of 'Golden Ball' Turnip & Vanilla



Preparation: 5 min • Cooking: 20 min

Serves 6

6 'Golden Ball' turnips
1 tsp sugar
100ml single cream
40g butter
1 vanilla pod
Salt

Peel the turnips and cut into pieces. Slit the vanilla pod lengthways and scrape the seeds out.

Cook the turnip for 20 minutes in 1 litre water, with the sugar, salt and half the butter.

Process the turnip in the SmoothieMix. Add the cream, the rest of the butter and the vanilla seeds.

Herby Sweet Potato Salad



Preparation: 10 min • Cooking: 10 min

Serves 6

700g sweet potatoes
70g flaked almonds
2 sprigs mint
3 sprigs coriander
Ground cumin
1 tbsp butter
Salt & pepper
White wine vinegar
Olive oil

Peel the sweet potatoes. Slice them using the 4-mm slicer.

Transfer them to a pan, add the butter, salt and just enough water to cover, and cook until al dente. Allow to cool.

Meanwhile, toast the almonds in a dry frying pan and finely chop the herbs.

Put some salt, pepper, cumin, half the herbs, vinegar and oil in a bowl and combine.

Pour this mixture over the sweet potatoes, add the almonds and stir gently.

Scatter with the remainder of the herbs.



Spicy Citrus Sauce



Preparation: 10 min • Cooking: 15 min

Serves 4

2 juice oranges
1 grapefruit
1 lemon
1 generous pinch ground saffron
1 pinch ground Espelette pepper
1 tbsp honey

Juice the fruit in the citrus press. Transfer the juice to a thick-bottomed saucepan. Add the honey, saffron and Espelette pepper. Reduce over a low heat for approximately 15 minutes to achieve a syrupy consistence.

Delicious with fruit salad. You can also make a sweet-and-sour version of this juice by adding 2 tbsp of olive oil, salt and pepper. Serve with grilled fish.

Mini Grapefruit Flans



Preparation: 10 min • Resting time: 1 h • Cooking: 10 min + 30 min

Serves 4

1 large grapefruit
125g caster sugar
3 large eggs
4 tsp Demerara sugar
1 level tbsp cornflour

Juice the grapefruit in the citrus press and pour 300ml of the juice into a saucepan with the sugar. Simmer for 10 minutes over a low heat, stir and allow to cool slightly.

Whisk the eggs in a bowl with the cornflour. Add the lukewarm grapefruit syrup, whisking constantly, then divide between 4 ramekins.

Gently cook the tiny flans for 30 minutes in a steamer or a bain marie. Allow to cool.

Sprinkle the flans with Demerara sugar and refrigerate for at least 1 hour. Serve chilled.



Apple, Citrus & Cinnamon Jelly



Preparation: 15 min • Cooking: 10 min

Serves 3-4 jars

1.5kg Granny Smith apples
1kg sugar
Pectin*
1 lemon
1 orange
1 tsp cinnamon

Wash the apples. Blend half in the juicer, empty the basket, then blend the rest of the apples. Juice the orange and lemon with the citrus press and add their juice to that of the apples. Weigh the juice.

If using powdered pectin, mix it with 2 tbsp of sugar in a bowl. Transfer the juice to a jam-making pan and sprinkle with the pectin and sugar, stirring gently with a wooden spoon. Bring to the boil and continue boiling for 3 minutes, stirring constantly.

Add the same weight of sugar and the cinnamon. Bring back to the boil and cook over a high heat for 3 min, stirring constantly. Pour straight into jars.

* As each proprietary brand of powdered or liquid pectin is different, please refer to the manufacturer's guidelines.

To check if the jelly will set, pour a drop of it onto a very cold plate and tilt. If the jelly wrinkles, it is ready.



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les fruits et légumes frais

* These recipes were supplied by our partner INTERFEL (devised by Jessyca Kopacz).



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