

How To Use A Juice Etractor

Set Up

Carefully read any and all manufacturer's directions before using your juice extractor, as different companies may vary on their instructions.

Be sure to check their instructions as far as hot surface safety. (For example, mine claims to be safe on ceramic, electric, gas and solid hot plate surfaces.)

Always make sure your extractor is clean before using. Storing for a long time can cause dust to build up. Take the time to wipe it out.

If your extractor is new, you'll need to hook up the hose and clamp. Do this per instructions, but generally hook the hose into the juice receptacle, and secure it in place. (Mine came with a white zip-clamp that will stay in place until I change the hose out.) Make sure your clamp is in place, and always close it before you start extracting juice.

The bottom layer of your extractor is the water pan. Fill it with several inches of water. This is the water that will boil and make the steam to steam and extract your juice. Check this water often through the steaming process to make sure you don't run out. You may need to refill this several times during extraction.

On top of your water pan is where your juice receptacle will sit. Make sure to line up the spout of the hose at the bottom of this receptacle with the round cusp on the top of your water pan. This is the chamber that will collect your juice.

On top of your juice receptacle, place the fruit holder/strainer. Put your fruit that you wish to juice here. Depending on your fruit, you may wish to smash the fruit down from time to time in here.

Lastly, your lid fits on top. It keeps the steam from escaping, so that your fruit will juice. If you lift the lid off while you are extracting juice, make sure you open it carefully away from you and keep your face and all body parts back.

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To Extract Juice

Again, you're going to want to check your manufacturer's instructions for anything specific.

Once you are set up, double check that you have water in the bottom water pan, that your clamp is closed, and the lid is in place.

Put your bowl under your hose just in case your hose leaks.

Turn your heat source on enough to make your water boil, and then as long as your lid stays in place, you should be able to turn the heat down while maintaining a boil.

About every 15 minutes, you can unclamp your hose and collect your juice in a bowl. You may need to check more or less often depending on what you are juicing.

Your hose will get really hot as it is releasing juice, so be cautious.

How long you juice depends on you. Many people juice for two hours and quit. I go until the juice runs clear—which is usually just the water that is steamed. This way I'm getting everything I can from my fruit.