

Juice EXPERT



magimix®

THE PLEASURE OF COOKING LIKE A CHEF

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In the heart of Burgundy, Magimix has been designing and making simple, efficient, long-lasting products for more than 40 years.

The greatest restaurants in the world use the professional versions of our products.

Always on the cutting edge of innovation, Magimix is happy to present its Multi-Function Juicer: the Juice Expert®.

It will let you easily turn your fruit and vegetables into juice, smoothies, coulis, soups and salads.



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EXTRACTING ALL THE GOODNESS FROM FRUIT AND VEGETABLES

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To combine health and pleasure in your day-to-day life, the Magimix **Juice Expert**[®] combines the best of nature with the best of technology.

With its different exclusive patented technologies, the **Juice Expert**[®] extracts all the goodness from fruit and vegetables by cold pressing.

This book shows you how to use your **Juice Expert**[®] to make an infinite variety of juices, smoothies, delicious starters and refreshing desserts with the greatest of simplicity.



The **Juice Expert**[®] has a professional motor, entirely made in France by Magimix.

Its professional speed, combined with different accessories - all of which are patented - means you can extract all the goodness from fruit and vegetables with cold pressing**.



The **Extra Press**^{®*}: this new Magimix technology gets the most out of your fruits and vegetables.

Its exclusivity is protected by numerous patents.

This technology means you can cold press fruit and soft or cooked vegetables, almonds, walnuts, etc.

With the greatest respect for flavour and nutrition, the **Extra Press**^{®**} allows you to make every kind of juice to extract more vitamins, fibres, antioxidants.



Especially designed to extract all the goodness from hard fruit and vegetables (carrots, apples, etc.) as well as green vegetables (cabbage, celery, etc.). The **Juice Filter**^{*} is a Magimix patented technology with incomparable performance.

Depending on your whim, the season or your lifestyle, the Juice Filter produces pure, clear and 100% natural cold pressed juices, in greater quantities whilst maintaining more essential nutrients**.

*depending on the model

**The analyses conducted by independent laboratories show that the Juice Expert is an ultra-high-performance product. More information on these analyses can be found on www.juice-expert.com



Orange juice is one of the most popular juices in the UK, providing plenty of vitamins to start the day right.

To meet the expectations of the whole family, the **Juice Expert's Pulp System**[®] can make a complete range of quick and fresh juices, with or without pulp.

The **Juice Expert**[®] 4 is also equipped with slicing and grating kit*.

Its Sabatier precision discs ensure perfect cuts for all your fruit and vegetable salads.

With the Juice Expert's XL feed tube, many types of fruits and vegetables can be inserted without being cut up.

It not only saves time but also reduces the breakdown of antioxidants.

An additional advantage is that all the removable parts of the **Juice Expert**[®] are quick and easy to clean as well as dishwasher safe.

All of Magimix's knowhow is combined in the many patented technologies used to make the **Juice Expert**[®] an ultra-high-performance product**.

The juices extracted by the Juice Expert[®] contain more vitamins, minerals, antioxidants and essential nutrients and its efficiency is optimal** as demonstrated by numerous analyses conducted by independent laboratories.



This book contains 100 recipes from every category - juices, smoothies, vegetable milks, starters, desserts, coulis and sauces - indicating the nutrients they contain to combine health and pleasure on a day-to-day basis.



THE GOLDEN RULES

.....

RESPECT THE SEASONS

A fruit in season, picked locally when its ripe, is tastier and more nutritional than a fruit which ripens in the fridge or in a ship's hold.

BUY WISELY

The fresher the fruit and vegetables, the juicier and more nutritional they are. Look for signs of freshness: smooth skin, green leaves and unbruised.

Select organically-grown food whenever you can. Especially for fruit and vegetables that have edible skin. The skin is not only richer in nutrients but also very tasty!

We recommend peeling bananas, pineapples and mangoes for a more delicious juice.

Remember to remove the stones from apricots, cherries, peaches and other stone fruit.

VARY your fruit and vegetables. They don't all have the same nutrients and health benefits.

KEEP THEM COOL

Some fruit and vegetables can be kept in the vegetable tray of your refrigerator (carrots, cucumber, bell peppers, etc.). Others, however, don't like the cold and prefer the fruit basket (tomatoes, avocados, etc.). Whatever the type, always refrigerate for an hour before using if you can because cold juice always tastes better than warm juice.

If you add ice-cubes, check that you are using good-quality water.

Always **RINSE** your fruit and vegetables before using them.

Do not let vegetables soak. Simply rinse them under running water.

GIVE YOURSELF A TREAT!

Remember to set aside the pulp of your fruit and vegetables to make other delicious recipes.

Fruit is also a source of fructose (natural sugar).

If you need to watch your sugar intake, we recommend alternating fruit juice and vegetable juice which naturally contains less sugar.

THE MULTIFUNCTION JUICE EXPERT

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VITAMINS

.....



VITAMIN A/BETA-CAROTENE – Vision, growth and healthy skin
Asparagus, carrots, cress, spinach, kale, parsley, persimmon, mango, melon, apricot, pumpkin, broccoli, celery, etc.



VITAMIN B2 – Formation of blood cells
Almonds, wheat germ, soya beans, spinach, mint, dairy products, eggs, etc.



VITAMIN B6 – Functioning of nervous system
Potato, sweet pepper, banana, cumin, nuts, wheat germ, ginger, sesame seeds, etc.



VITAMIN B9 – Immune system
Beetroot, broccoli, carrot, cress, radish, spinach, parsley, melon, cherries, strawberries, mango, etc.



VITAMIN C – Reduction of fatigue
Broccoli, cress, spinach, kale, parsley, sweet pepper, guava, kiwi fruit, lemon, orange, papaya, blackcurrant, etc.



VITAMIN D – Calcium binding
The main source is the sun. In food, it is mostly found in dairy products, eggs and fish.



VITAMIN E – Antioxidant (protection against free radicals)
Cress, spinach, mint, parsley, sweet pepper, tomato, mango, blueberries, nuts, seeds, vegetable oils, etc.



VITAMIN K – Blood clotting
Broccoli, kale, Savoy cabbage, cress, spinach, asparagus, carrots, parsley, kiwi fruit, blueberries.

MINERALS & FIBRES

.....

CALCIUM – Formation and solidity of bones and teeth

Milk and dairy products. Certain vegetables also contain small amounts: apricots, broccoli, green cabbage, kale, cress, spinach, parsley, etc.



IRON – Transport of oxygen in the blood

Cress, spinach, parsley, basil, mint, ginger, wheatgerm, cinnamon, meat and fish.



FIBRES – Intestinal transit and regulation of glycaemia

Cereals, dried fruit, nuts, wheat germ, pulses (lentils, haricot beans, etc.), blackcurrants, prunes, etc.



MAGNESIUM – Nervous and muscle systems (anti-stress)

Nuts and seeds. Basil, parsley, spinach, mint, passionfruit, banana, etc. Don't forget chocolate!



MANGANESE – Protection of cells against ageing

Pineapple, coconut, ginger, almonds, cinnamon, pinenuts, mint, beetroot, berries, etc.



PHOSPHORUS – Energy for cells

Apricot, kiwi fruit, prunes, tomato, etc. Wheatgerm, sesame seeds, cashew nuts, dairy products, etc.



POTASSIUM – Prevention of high blood pressure

Spinach, fennel, cabbage, ginger, parsley, passionfruit, melon, banana, blackcurrant, tomato, etc.



ZINC – Healthy skin, nails and hair

Spinach, courgette, parsley, pineapple, raspberries, citrus fruit, tomato, dairy products, meat, fish, nuts and seeds, etc.



NUTRITION FACTS

.....

ASPARAGUS

With its high vitamin A and C content, it has good antioxidant properties. It is also rich in vitamins B9 and K.

BASIL

Highly nutritional, rich in vitamins A, B9, K, iron and manganese. It is a source of vitamin C, calcium, magnesium and potassium.

BEETROOT

Thanks to its purple colour and sweet taste, it is a good way to encourage children to eat vegetables! It is also rich in vitamin B9 and a source of manganese.

BROCCOLI

It is rich in vitamins A, B9, C and K. To make the most of its nutritional value, it should be eaten raw or steamed.

CARROT

Its orangey colour is due to its high beta-carotene content. This vitamin plays a major role in maintaining good vision and a healthy skin. It also contains vitamins B9 and K.

CELERY

Celery, which has a water content of 95%, is very low in calories and rich in vitamins A, K and B9. Vitamin B9 is important for the immune system.

KALE AND SAVOY CABBAGE

Rich in vitamins A, C, B9 and K. They also provide calcium and potassium.

They are a good source of fibre, which is essential for good digestion.

GREEN CABBAGE

It is a low-calorie brassica. It is rich in vitamin K which helps blood clotting. It is also a good source of vitamin C.

CUCUMBER

With a water content of 97%, cucumber is very low calorie (12 kcal/100g). It is the ideal vegetable for your slimming recipes.

CRESS

It is particularly rich in beta-carotene, vitamins B, C, E and K and calcium. Cress is also a source of iron.

SPINACH




Rich in vitamins A, C, E and K. It is a source of vitamin B (B2, B6, B9), iron, magnesium, potassium and manganese. It is also a source of fibre.

FENNEL

Fennel is a source of vitamin B9 and potassium. Potassium helps to maintain normal blood pressure.

MINT

Rich in vitamins A, B9, C, E, iron, manganese and fibre. It is also a source of vitamin B2, calcium, magnesium and potassium.

 Spring  Summer  Autumn  Winter

VEGETABLES

.....



ASPARAGUS



BASIL



BEETROOT



BROCCOLI



CARROT



CELERY



GREEN CABBAGE



CUCUMBER



CRESS



SPINACH



FENNEL



MINT

NUTRITION FACTS

.....

PARSLEY



Perfect for adding colour and taste, it is rich in vitamins A, B9, C, E and K and a source of several minerals: iron, calcium, potassium and manganese. It also contains fibres.

SWEET PEPPER



It has a high water content and is an excellent source of antioxidant vitamins (A and C) and vitamin B6 recognised for its effect on the nervous system.

RADISH



Low in calories with a water content of 95%, radishes are a source of vitamins B9 and C.

APRICOT



It is rich in vitamin A and a powerful antioxidant that protects the cells. Choose fruit that has a pleasant smell and is soft to the touch.

CITRUS FRUITS



Everyone knows that citrus fruits contain vitamin C. They are also rich in vitamin A and a source of vitamin B9, which is essential for immunity.

PINEAPPLE



Rich in manganese and a source of vitamin C. Pineapple can be used for both sweet and savoury recipes, as a starter, main course or dessert.

BANANA



Highly appreciated by athletes, it is rich in manganese, an essential mineral for the

protection of our cells against premature ageing. This high-energy fruit (about 100 kcal/150g) is a source of vitamins A and B6.

BLACKCURRANTS



Did you know that blackcurrants have 5 times more vitamin C than an orange? They also provide fibre, potassium and manganese. These are excellent reasons for adding them to your menus.

CHERRIES



They are powerful antioxidants thanks to the polyphenols they contain. They get their characteristic red colour from anthocyanins. Cherries are a source of vitamin B9.

STRAWBERRIES



With a high water content and low calorie content, strawberries are great for slimming. They are also a good source of vitamin C and contain vitamin B9 and manganese.

RASPBERRIES



Attractive, colourful and healthy, they are a source of fibre. They also have a high vitamin C content and are a source of B9 and manganese.

PASSIONFRUIT



This tropical fruit is rich in nutrients such as vitamins A and C. It provides fibre and potassium, a mineral that helps to prevent high blood pressure.

Spring Summer Autumn Winter

FRUIT & VEGETABLES

.....



PARSLEY



SWEET PEPPER



RADISH



APRICOT



CITRUS FRUITS



PINEAPPLE



BANANA



BLACKCURRANTS



CHERRIES



STRAWBERRIES



RASPBERRIES



PASSIONFRUIT

NUTRITION FACTS

.....

KIWI FRUIT



The kiwi, which has both an unusual colour and texture, is rich in vitamins C and K. It is also a source of vitamin B9, which is essential to the immune system.

MANGO



This fruit, with its characteristic yellow-orange colour, is rich in vitamin C and A. Vitamin A helps to maintain good vision. Mangoes also contain vitamin B9.

MELON



Melon, with its high, refreshing water content, is very rich in vitamins A and B9. It is also a source of potassium.

BLACKBERRIES



Their intense colour will lend originality to your juices and smoothies. Blackberries are powerful antioxidants which protect our cells against premature ageing. They are also rich in manganese.

BLUEBERRIES



Like most berries, blueberries are a powerful antioxidant. They are also a source of vitamin K and manganese.

NECTARINE AND PEACH



These two fruits have many similarities. They are rich in fibre.

PEAR



Sweet and tasty, pears are a source of fibre which plays a role in intestinal well-being.

APPLE



The second most popular fruit in the UK, apples come in many varieties. They contain pectin, soluble fibres that help to control blood glucose.

PUMPKIN



It is rich in beta-carotene which explains why it is orange and it is a powerful antioxidant. Even if it is more often used in savoury dishes, pumpkin is actually a fruit.

GRAPES



For most fruit and vegetables, the darker their colour, the higher their antioxidant level is. This is the case of purple grapes.

TOMATO



Tomatoes are rich in vitamin A and a source of vitamin C. They also include a very specific type of antioxidant pigment called lycopene, which is why they are red. Did you know? Tomatoes are actually fruit!

Spring Summer Autumn Winter

FRUIT

.....



KIWI



MANGO



MELON



BLACKBERRIES



BLUEBERRIES



NECTARINE



PEACH



PEAR



APPLE



PUMPKIN



GRAPES



TOMATO

NUTRITION FACTS

.....

ALMONDS

Rich in vitamins B2, B9 and E, calcium, magnesium, potassium, phosphorus and zinc. They also contain fibres which regulate intestinal transit.

CINNAMON

Rich in calcium, iron and manganese. Can be used in both sweet and savoury recipes.

CUMIN

Both tasty and fragrant, cumin has several nutritional assets! It is rich in vitamins A and B6 and contains numerous minerals.

TUMERIC

This spice is a little nutrient bomb! Turmeric is one of the most powerful antioxidant foods. It has a light, delicate flavour.

ROYAL JELLY

Royal jelly is fed to larvae in bee colonies before their eclosion and is the exclusive food of queen bees, whence its name. It's great for boosting vitality.

WHEATGERM

Enrich your recipes with a daily spoonful of wheatgerm. It is rich in nutrients: vitamins B2, B6, E, K, iron, magnesium, potassium and phosphorus.

GINGER

Whether it is used fresh or ground it is rich in vitamin B6 and a source of numerous minerals such as iron, magnesium,

zinc and manganese. It also includes a large quantity of phosphorus, a precious mineral in the production of the energy needed for cell activity.

CHIA SEEDS

Packed with a variety of nutrients, they are recognised for their omega-3 fatty acid content. They also provide fibre for intestinal transit.

SESAME SEEDS

Recognised for their high vitamin and mineral content, especially vitamin B9 and calcium. Calcium is important for the formation of bones and teeth.

OLIVE OIL

It has a good fatty acid profile, especially mono-saturated fats, recognised for their role in cardiovascular health.

PINE NUTS

Pine kernels are rich in vitamins B9, E, K, iron, magnesium, potassium, zinc, phosphorus, manganese and fibre. They are also a source of vegetable protein.

SOYA BEANS AND THEIR DERIVATIVES

This pulse is recognised for its high vegetable protein content and low fat content. In addition to providing B vitamins (B2, B9), vitamin K, magnesium, zinc and phosphorus, soya is an excellent source of fibre.

● Spring ● Summer ● Autumn ● Winter

SUPERFOODS

.....



ALMONDS



CINNAMON



CUMIN



TURMERIC



ROYAL JELLY



WHEATGERM



GINGER



CHIA SEEDS



SESAME SEEDS



OLIVE OIL



PINE NUTS



SOYA BEANS
AND DERIVATIVES

SELECTED RECIPES

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In addition to the pleasure that fruit and vegetables give us, they contribute to our health in a variety of ways.

The recipes you can make with the Juice Expert are full of goodness.



ANTIOXIDANT – Vitamins C, E and manganese p.18

These recipes contain nutrients recognised for their antioxidant properties. Antioxidants play an important role in our body's defense against free radicals, which are unstable molecules formed by the body that are a recognised cause of premature cell ageing and the development of certain diseases.



ANTI-STRESS – Magnesium, vitamins B6 and C p.18

A combination of vitamins and minerals such as magnesium and vitamins B6 and C which contribute to normal functioning of the nervous system. These nutrients help to reduce the fatigue often associated with stressful situations.



DETOX – Foods which cleanse the system p.19

These recipes include foods which are the source of nutrients such as fibres, vitamins and antioxidant minerals. The latter are particularly effective in eliminating substances or toxins often accumulated in excess during festive periods or when heavy, copious meals slow down digestion and the body functions.



DIGESTION – Fibres and carbohydrates p.19

These recipes provide fibres which help to regulate the intestinal transit and blood sugar levels. They are also appetite suppressants which are ideal for preventing overeating.

ACCORDING TO THEIR BENEFITS

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ENERGISING – Simple carbs

p.18

Ideal for breakfast or snacks on busy days, these recipes provide the simple carbs needed to provide the body with rapidly available energy.



IMMUNITY – Zinc, iron, vitamins A, B6, B9, C and D

p.18

These recipes are rich in nutrients that ensure the immune system is working properly such as zinc, iron, vitamins A, B6, B9, C and D. These nutrients are also important to protect the body from developing certain diseases.



SLIMMING – Fewer than 80 kcal/portion

p.19

These recipes are particularly rich in water and poor in calories. They are great for those who need to watch their waistline.



REVITALISING – Proteins, carbs and phosphorus

p.19

These recipes provide the body with an optimum combination of nutrients to enable the body to recover properly after moderate or intense exercise.

ADAPT YOUR PERSONAL RECIPES

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All the recipes in this book have been tested. The results can vary according to the size of the fruit and vegetables chosen, as well as their quality and freshness. Take a look at the golden rules (p.4) to select the best ingredients.

Use this book to create your own recipes.



Consult and share your recipes and tips on:

www.magimix.com/int/recipes

Magimix free application for mobile phones and tablets

SELECTED RECIPES

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ANTIOXIDANT



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ANTI-STRESS



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ENERGISING



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IMMUNITY



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ACCORDING TO THEIR BENEFITS

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DETOX



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DIGESTION



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SLIMMING



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REVITALIZING



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HOW TO READ RECIPES



BENEFITS



Each recipe has one or several pictograms showing the health benefits they offer. See pages 16 and 17 to learn more about these benefits.

ATTACHMENTS



Citrus press



2mm slicing/grating disc



Juice filter



4mm slicing/grating disc



Extra Press



Julienne

RECIPES

Our recipes are designed to cater to different dietary practices. All our recipes are vegetarian and most of them are vegan.

They have been tested with medium size fruits and vegetables. The results can vary according to the size of the fruit and vegetables chosen, as well as their quality and freshness.

ALLERGENS

For those who are intolerant or allergic to certain foods, we have identified recipes containing one or more major allergens by means of an asterisk at the bottom of the page as follows:

*Allergens: this recipe contains dairy products.

RECIPES WITH ALTERNATIVES

Some recipes have alternatives, presented as follows:

SPARKLE & GLOW JUICE

Replace half the carrots with ½ fennel bulb and add one-centimeter piece of peeled fresh ginger. Wash vegetables and pass through Juice Filter.



ORANGE JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT: 

4 oranges

- 1 Halve oranges.
- 2 Extract in citrus press using grey cone (for large citrus fruits). If you want pulpless orange juice, place Pulp System on motor shaft in bowl before adding citrus press basket.



CLEMENTINE JUICE

For a slightly acidic taste, replace the 4 oranges with 8 clementines. You can use the yellow cone (for small citrus fruit) if necessary.



GRAPEFRUIT JUICE

Replace the 4 oranges with 2 grapefruit. Use grey cone (for large citrus fruits).

APPLE JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT: 

2 apples

- 1 Wash and halve apples.
- 2 Put through Juice Filter.
- 3 Keep apple pulp to make green cake (see recipe p. 76) In this case, first remove the stem and seeds from the apples.

APPLE & RHUBARB JUICE



For best results, add 250g of rhubarb to 2 apples. Wash fruit, cut into pieces and put through juice filter, alternating rhubarb pieces and apple pieces. Finish with half an apple.

PEAR JUICE



Simply replace apples with pears.



APPLE, CARROT & ORANGE JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENTS:



1 apple
2 oranges

1 cm of ginger
2 carrots

- 1 Wash apple and carrots. Top and tail carrots, peel ginger and cut apple in 2 to put through Juice Filter. Set juice aside.
- 2 Squeeze oranges with citrus press, using grey cone for large citrus fruits (or, if you prefer, peel oranges, cut in half and then put through Juice Filter).
- 3 Blend juices obtained in a shaker with a little crushed ice if preferred. Drink chilled.

MELON & ORANGE JUICE



Replace apple and carrots with $\frac{1}{2}$ melon peeled and cut into pieces. Put through Juice Filter and continue as for orange recipe.

GRAPE JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



600g purple grapes

- 1 Wash grapes and remove from bunch. Put grape seeds through Extra Press.

GRAPE & BLACKCURRANT JUICE



Replace purple grapes with 300g green grapes and 300g blackcurrants (or blueberries if it is not blackcurrant season). Wash fruit, remove from bunch and put through Extra Press, alternating grapes and blackcurrants.

TOMATO JUICE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



4 ripe tomatoes

- 1 Wash tomatoes, cut into pieces and put through Extra Press. Season to taste (celery salt, tabasco sauce, etc.).

TOMATO & WATERMELON JUICE



Replace half the tomatoes with $\frac{1}{4}$ watermelon (500g), peeled and cut into pieces. Put fruit through Extra Press.



CRANBERRY, ORANGE & PEAR JUICE



PREPARATION: 5 min

REST: 1 h

FOR 2 GLASSES

ATTACHMENTS:



1 handful of cranberries

1 pear

2 oranges

1 tea bag

- 1 Wash cranberries and soak in hot tea for 1 hour.
- 2 Wash pear. Put cranberries through Extra Press and continue with pear. Set juice aside.
- 3 Squeeze oranges with citrus press, using grey cone for large citrus fruits (or, if you prefer, peel oranges, cut in half and then put through Juice Filter).

PRUNE JUICE



PREPARATION: 5 min

REST: 30 min

FOR 2 GLASSES

ATTACHMENT:



240g seeded prunes

400ml mineral water

- 1 Soak prunes in water for 30 minutes until swollen.
- 2 Put through Extra Press in small quantities, alternating a handful of prunes and a drizzle of mineral water. Make sure you add the mineral water very gradually in a thin drizzle.
- 3 Leave extractor on for 1 or 2 minutes until all the juice comes through. If necessary, collect any juice that has gone into bowl.
- 4 Drink chilled!

POMEGRANATE JUICE



PREPARATION: 15 min

FOR 2 GLASSES

ATTACHMENT:



4 pomegranates

- 1 Halve pomegranates, turn over and tap with wooden spoon; the seeds will come away more easily.
- 2 Put pomegranate seeds through Extra Press in small quantities.





CARROT JUICE

PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



6 carrots

½ teaspoon turmeric

- 1 Wash carrots and top and tail. Put through Juice Filter.
- 2 Add turmeric to juice. Blend and enjoy!
- 3 Set aside carrot pulp to make carrot cake (see recipe p. 76).



SPARKLE & GLOW JUICE

Replace half the carrots with ½ fennel bulb and add one-centimeter piece of peeled fresh ginger. Wash vegetables and pass through Juice Filter

KALE & APPLE JUICE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



4 kale leaves

2 apples

- 1 Wash kale leaves and apples. Cut into pieces.
- 2 Put kale leaves and apple pieces through Juice Filter, alternating the two. End with apple.



RED CABBAGE & APPLE JUICE

Simply replace kale with 450g red cabbage and remove 1 apple.



GREEN CABBAGE & APPLE JUICE

Simply replace kale with 450g green cabbage and remove 1 apple.

Cabbage pulp can be used to make soup or purée.



SPINACH & APPLE JUICE



PREPARATION: 15 min

FOR 2 GLASSES

ATTACHMENT:



250g baby spinach leaves

2 apples

- 1 Wash baby spinach leaves and apples and cut into pieces.
- 2 Put ingredients through Juice Filter, alternating spinach leaves and apple pieces. End with apple.

SPINACH JUICE



You can make pure spinach juice using 350g baby spinach leaves.

CELERY JUICE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



650g celery*

- 1 Wash celery sticks and remove leaves. Cut into pieces.
- 2 Put through Juice Filter.

*Allergens: this recipe contains celery.

FENNEL JUICE



Replace celery with 650g fennel. Wash, remove fronds, cut into pieces and put through Juice Filter.

SWEET PEPPER JUICE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



2 sweet red peppers

- 1 Wash peppers, remove stalks and cut into pieces.
- 2 Put through Juice Filter.



VITAMIN JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



- ½ bunch parsley
- 1 orange
- 3 carrots

- 1 Peel orange and cut in two. Wash parsley and carrots. Top and tail carrots.
- 2 Put parsley through Juice Filter, then carrots and end with orange.

EXTRA VITAMIN JUICE



Replace parsley with a few coriander leaves. Also add ½ peeled lime. Put coriander through Juice Filter, then ½ lime and carrots and end with orange.

FENNEL, ORANGE & MINT JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENTS:



- 3 oranges
- 1 fennel (300g)
- 10 mint leaves

- 1 Wash fennel and remove fronds. Cut into large pieces. Wash mint leaves.
- 2 Put 6 mint leaves through Juice Filter with fennel. Set aside juice. Then squeeze oranges with citrus press, using grey cone for large citrus fruits (or, if you prefer, peel oranges, halve then put through Juice Filter).
- 3 Blend juices and serve immediately. Decorate with remaining mint leaves.

SUMMER JUICE



For a delicate, tasty variation, replace the fennel with 2 small courgettes. Peel courgettes and cut into pieces. Proceed as above. Double the quantity of mint to increase the taste of freshness.





REFRESHING JUICE

PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



1 small cucumber
½ melon

1 pear
10 mint leaves

- 1 Remove skin and pips from melon. Peel cucumber. Wash pear and mint leaves. Cut fruit and vegetables into pieces.
- 2 Put mint through Juice Filter followed by other ingredients.



KITCHEN GARDEN JUICE

PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



6 lettuce leaves
2 tomatoes
100g radishes

1 branch of celery*
½ cucumber
chives

- 1 Wash all vegetables. Peel cucumber. Cut large vegetables into pieces.
- 2 Put through Juice Filter: lettuce leaves rolled up together, tomatoes, radishes then celery and end with cucumber.
- 3 Sprinkle with snipped chives.

*Allergens: this recipe contains celery.



POPEYE JUICE

PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



1 small cucumber
1 apple

1 handful of spinach
½ cm ginger

- 1 Peel cucumber and cut into large pieces. Wash spinach leaves and apple. Peel ginger.
- 2 Put all ingredients through Juice Filter starting with spinach leaves.



BROCCOLI & PINEAPPLE JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



4 florets of broccoli
½ pineapple (400g).

- 1 Detach broccoli florets and wash carefully. Peel half pineapple and remove core. Cut into pieces and put through Juice Filter, alternating broccoli and pineapple.
- 2 Serve with ice cubes.



CORN & PINEAPPLE JUICE

Replace broccoli florets with 250g tinned sweet corn, rinsed and drained. Put corn, then pineapple through Extra Press. You can lengthen the smoothie with a little mineral water.

WINTER JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



4 medium carrots
1 well-cooked beetroot
¼ celeriac (250g) or
2 stalks of celery*
½ lime

- 1 Wash carrots and celery. Top and tail carrots. Cut vegetables into pieces. Peel lemon.
- 2 Put beetroot, celery and carrots through Juice Filter, ending with lime.

*Allergens: this recipe contains celery.

FENNEL, TOMATO & LEMON JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



1 fennel (300g)
1 tomato
½ lemon
a few sprigs of parsley



- 1 Wash fennel and remove fronds. Wash tomato. Peel lemon. Cut fruit and vegetables into pieces.
- 2 Put parsley, tomato, then fennel through Juice Filter, ending with lemon.



RELAXING JUICE



PREPARATION: 10 min FOR 2 GLASSES

ATTACHMENT:  or 

½ pineapple (400g)
1 bunch of spinach



1 apple
20 mint leaves
2 limes

- 1 Peel pineapple, remove core and cut into pieces. Wash apple and halve. Wash spinach and mint leaves. Peel limes.
- 2 To make a smoothie, roll up spinach and mint leaves together. Put through Extra Press, followed by apple and limes and end with pineapple. If a more liquid juice is required, put all the ingredients through Juice Filter in the same order.

BOOSTER JUICE



PREPARATION: 5 min FOR 2 GLASSES

ATTACHMENT:  or 

1 large slice of white cabbage (300g)
½ pineapple (400g)



15 mint leaves
1 cm fresh ginger

- 1 Peel pineapple, remove core and cut into pieces. Peel ginger. Wash cabbage and mint leaves.
- 2 Put all ingredients through Juice Filter or Extra Press (to obtain a thicker, smoothie-type juice), starting with mint, cabbage and ginger and ending with pineapple.

GREEN VEGGIE JUICE



PREPARATION: 10 min FOR 2 GLASSES

ATTACHMENT:  or 

2 apples
50g green cabbage
3 springs parsley
½ fennel bulb (150g)

3 stalks of celery*
½ cm ginger
½ lemon

- 1 Wash apples and vegetables. Cut into pieces. Remove celery leaves and fennel fronds. Peel lemon and ginger.
- 2 To make a smoothie, put ingredients through Extra Press, taking care to alternate fibrous vegetables (cabbage and parsley) and juicy vegetables (apple, fennel and celery). End with lemon. If a more liquid juice is required, put the ingredients through Juice Filter in the same order.

*Allergens: this recipe contains celery.



OPEN AIR JUICE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



3 medium carrots
½ cucumber

½ lime

- 1 Peel cucumber, wash carrots and top and tail. Peel lemon.
- 2 Put all ingredients through Juice Filter.



CARROT, GRAPE & LIME JUICE

Replace ½ cucumber with 1 large bunch of purple grapes (500g). Wash grapes, remove from bunch and put through Juice Filter. Empty Juice Filter and put through carrots and peeled lemon.

SPRING JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



½ bunch of cress
½ bunch of parsley

4 carrots
1 lemon
2 tsps wheatgerm*

- 1 Wash vegetables. Top and tail carrots. Peel lemon. Put all ingredients through Juice Filter, starting with cress and parsley. End with carrots.
- 2 Add wheatgerm at end of preparation, just before serving.

*Allergens: this recipe contains gluten.

AUTUMN JUICE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



or



3 pears
1 stalk of celery*

1 cm fresh ginger

- 1 Wash pears and celery. Peel ginger. Put through Juice Filter. If a thicker juice is required, put through Extra Press.

*Allergens: this recipe contains celery.

Extra Pep AUTUMN JUICE



Simply add ½ teaspoon of royal jelly and ½ teaspoon of sesame seeds* to glass.

*Allergens: this recipe contains sesame and celery.



ALMOND MILK



PREPARATION: 15 min

REST: 8 h

FOR 2 GLASSES

ATTACHMENT:



200g almonds*

600ml mineral water

- 1 Soak almonds in 1 litre water for at least 8 hours.
- 2 Rinse in clean water and put through Extra Press in small quantities, alternating with same amount of mineral water. Make sure you add the mineral water very gradually in a thin drizzle.
- 3 Filter almond milk obtained to remove pulp. If you want to make energy bars (see recipe p.77), set aside pulp remaining in Juice Filter.

*Allergens: this recipe contains nuts.

CASHEW NUT MILK



Replace almonds with 200g cashew nuts* soaked in water.

Set aside pulp to make energy bars (see recipe p.77).

*Allergens: this recipe contains nuts.

SOYA MILK



Replace almonds with 150g dried soya beans soaked in water. Use a ladle to put through beans and water at the same time. Strain milk and heat in a saucepan for 15 minutes, stirring constantly.

*Allergens: this recipe contains soya.

PEAR-BLUEBERRY MILKSHAKE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



1 pear

2 tsps honey

150g blueberries

1 tblsp wheatgerm*

200ml milk*

1 tblsp powdered almonds*

- 1 Wash pear and cut into pieces. Wash blueberries. Put fruit through Extra Press to collect juice.
- 2 In a jug, add other ingredients to fruit juice and whisk well.

PEAR-BLUEBERRY CHEESE-SHAKE



For a higher dose of protein, replace milk with 200g fresh curds*. Add mineral water if needed for a thinner cheese-shake.

*Allergens: these recipes contain gluten, milk and nuts.



ROUND-THE-WORLD COCKTAIL



PREPARATION: 15 min

FOR 4 GLASSES

ATTACHMENT:



2 mangoes

½ pineapple (400g)

200ml soya milk*

1 cm fresh ginger

1 drizzle of lime juice

- 1 Peel and stone mangoes. Cut into pieces. Peel pineapple, remove core and cut into pieces. Peel ginger.
- 2 Put fruit through Extra Press with small piece of ginger.
- 3 Pour into a jug and add 1 drizzle of lime juice. Combine soya milk and juice.
- 4 Mix well and serve immediately.

*Allergens: this recipe contains soya.

TASTE OF THAI



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



10 lychees

¼ pineapple (200g)

1 apple

200ml coconut milk

1 cm lemongrass

- 1 Peel and stone lychees. Peel pineapple, remove core and cut into large pieces. Wash apple and cut in half.
- 2 Put lemongrass through Extra Press, add lychees, then pineapple and end with apple.
- 3 Pour into a jug and add coconut milk. Mix.

ENERGIZING HERB TEA



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



300g purple grapes

½ fresh ginger

200ml chamomile tea

- 1 Wash grapes, remove from bunch and peel ginger. Put through Juice Filter.
- 2 Mix grape and ginger juice with 200ml chamomile tea (very hot).



LEMON SQUASH



PREPARATION: 10 min

FOR 6-8 GLASSES

ATTACHMENT:



1 litre water
75ml cane sugar syrup
2 lemons (130ml)

4 limes (130ml)
20 fresh mint leaves

- 1 Mix water and cane sugar syrup in a jug.
- 2 Squeeze lemons with citrus press, using yellow cone (small citrus fruits). Add lemon juice to water and cane sugar syrup mixture.
- 3 Wash mint leaves and add to lemon squash. Leave to steep in refrigerator and serve!

LEMONADE



You can replace the water with the same amount of sparkling water to obtain lemonade.

FUCHSIA PINK



PREPARATION: 5 min

FOR 4 GLASSES

ATTACHMENT:



or



¼ watermelon (500g)
6 large strawberries
1 lime

200ml cold Earl Grey tea
mint leaves

- 1 Make a cup of lightly brewed Earl Grey tea. Leave to cool.
- 2 Peel and cut watermelon into pieces (no need to remove seeds). Peel lime. Wash strawberries.
- 3 Put through Juice Filter or Extra Press (for a thicker texture) followed by watermelon and lime. Add iced tea and mix.
- 4 Pour into glasses and decorate with mint leaves.



SUNSHINE SMOOTHIE



PREPARATION: 10 min FOR 4 GLASSES

ATTACHMENTS:



2 pink grapefruit
1 yellow nectarine

1 banana
1 cm fresh ginger
Ice cubes

- 1 Peel banana. Wash and remove stone from nectarine. Peel ginger. Put banana, ginger then nectarine through Extra Press.
- 2 Replace Extra Press with citrus press and squeeze pink grapefruit (or if you prefer, peel grapefruit, cut into pieces and put through Juice Filter). Combine juices and add a few ice cubes.

PINK SMOOTHIE



PREPARATION: 10 min FOR 2 GLASSES

ATTACHMENT:



2 guavas
2 handfuls of raspberries

2 apples

- 1 Peel guavas. Wash raspberries and apples. Cut apples and guavas into pieces.
- 2 Put raspberries through Extra Press, followed by other fruits, alternating guavas and apples. Add ice cubes and drink immediately.

PINK SMOOTHIE with tofu



Add 150g of silken tofu* and put through with fruit.
Add mineral water if needed for a thinner smoothie.

*Allergens: this recipe contains soya.

TROPICAL SMOOTHIE



PREPARATION: 10 min FOR 2 GLASSES

ATTACHMENT:



½ pineapple (400g)
1 small mango

1 kiwi fruit

- 1 Peel fruit, remove pit from mango and core from pineapple. Cut into large pieces. Put all fruit through Extra Press, ending with pineapple. This smoothie can also be made with the Juice Filter but it will not be as efficient and the juice will be thinner.
- 2 Add mineral water if needed for a thinner smoothie.



EXOTIC SMOOTHIE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENTS:



6 passion fruit

1 banana

2 oranges

1 lime

1 tblsp chia seeds

2 tblsp wheatgerm*

- 1 Cut passion fruit in half and scoop out pulp with a teaspoon. Peel banana.
- 2 Put passion fruit pulp and banana through Extra Press. Juice oranges and lime using citrus press (you can also peel them and put them through the Extra Press).
- 3 Add chia seeds and wheatgerm. Mix in shaker with ice.

*Allergens: this recipe contains gluten.

EXOTIC SMOOTHIE with tofu



Replace chia seeds and wheatgerm with 150g silken tofu* and put it through at the same time as the fruit. Add mineral water if needed for a thinner smoothie.

*Allergens: this recipe contains soya.

SMOOTHIE CLAFOUTIS



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



4 apricots

4 plums

1 lemon

- 1 Wash and stone apricots and plums. Peel lemon.
- 2 Put all fruit through Extra Press. Add mineral water if needed for a thinner smoothie.

BOURDALOUE SMOOTHIE



Replace all fruit with 5 large pears. Set aside peeled lemon. Put all fruit through Extra Press. Add a little mineral water if needed and decorate with slivered almonds to make it taste like a Bourdaloue Tart.

*Allergens: this recipe contains nuts.



SUMMER SMOOTHIE



PREPARATION: 10 min

FOR 2 GLASSES

ATTACHMENT:



2 peaches
200g cherry tomatoes

6 basil leaves

- 1 Wash and stone peaches. Wash cherry tomatoes and cut in half for decoration. Wash basil leaves.
- 2 Put fruit through Extra Press. Add a little mineral water if you think it is too thick.

NECTARINE AND BLACKBERRY SMOOTHIE



Replace peaches with nectarines, and cherry tomatoes with blackberries. You can also use frozen blackberries after defrosting them.

APPLE & STRAWBERRY SMOOTHIE



PREPARATION: 5 min

FOR 2 GLASSES

ATTACHMENT:



or



2 apples
200g strawberries

- 1 Wash strawberries, set aside two for decoration. Wash apples and cut into pieces.
- 2 Put fruit through Extra Press. You can also make this smoothie with Juice Filter but there will be less juice and it won't be as thick.
- 3 Stir and serve immediately.

APPLE & CHERRY SMOOTHIE



Replace strawberries with 2 large handfuls of cherries. Wash fruit, stone cherries and put through Juice Filter (or Extra Press if you want a thicker juice) followed by apples.

APPLE & MANGO SMOOTHIE



Replace strawberries with 1 very ripe mango. Peel and stone mango and cut into pieces. Put through Extra Press followed by apples.



GASPACHO



PREPARATION: 10 min

SERVES 4

ATTACHMENT:



600g very ripe tomatoes
¼ cucumber
¼ sweet red pepper

½ garlic clove
2 tblsp olive oil
salt, pepper

- 1 Wash vegetables. Peel cucumber and remove stalk from pepper.
- 2 Cut vegetables into pieces. Peel garlic.
- 3 Put everything through Extra Press for a creamy consistency (or Juice Filter for a more liquid result).
- 4 Season with salt, pepper and olive oil.
- 5 Refrigerate for at least 3 hours.

Watermelon GASPACHO



Replace red pepper with ¼ watermelon (500g), garlic with 1 bunch of fresh mint, keep 300g very ripe tomatoes and ¼ cucumber. Remove skin from watermelon and cucumber. Wash tomatoes. Put all the ingredients through Extra Press, starting with mint. Season with salt, pepper and olive oil.

GREEK STYLE CUCUMBER SOUP



PREPARATION: 5 min

SERVES 2

ATTACHMENT:



½ cucumber
2 Greek yoghurts*

chives, mint
salt, pepper
1 drizzle lemon

- 1 Wash and peel cucumber. Cut into pieces and put through Extra Press for a creamy consistency (or Juice Filter for a more liquid result).
- 2 Whisk cucumber juice and yoghurts and add snipped mint and chives, salt, pepper and drizzle of lemon as required.

*Allergens: this recipe contains dairy products.



BETROOT PUREE



PREPARATION: 10 min SERVES 4

ATTACHMENT: 

3 well-cooked beetroots
½ orange

powdered cumin and coriander
salt, pepper

- 1 Cut well-cooked beetroot into pieces. Peel ½ orange.
- 2 Slowly put beetroot pieces in small amounts through Extra Press. Continue with ½ orange. Add cumin, coriander, salt and pepper. Mix and serve cold.

CARROT PURÉE




Replace beetroot with 6 cooked carrots cut into small pieces. Slowly put through Extra Press in small amounts with a little cooking water and add 1 cm piece of fresh peeled ginger. End with ½ orange. Add cumin, coriander, salt and pepper. Blend and enjoy!

ASPARAGUS EMULSION



PREPARATION: 15 min COOKING: 20 min REST: 1 h

SERVES 6 UTENSILS: whipping siphon ATTACHMENT: 

1 bottle green asparagus 250ml single cream*
1 cube chicken stock* 2 gelatine leaves

- 1 Wash and peel asparagus. Set aside 6 tips. Cut the rest into pieces.
- 2 Plunge asparagus into chicken stock (water must cover asparagus) and cook for about 20 minutes until asparagus is just tender. Add cream and pepper.
- 3 Soak gelatine leaves in cold water to soften.
- 4 Put asparagus and liquid (stock + cream) through Extra Press.
- 5 Add gelatine to asparagus cream and mix until dissolved.
- 6 Pour into siphon and inject 1 gas cartridge. Shake siphon to mix well.
- 7 Let cool then refrigerate for at least one hour.
- 8 At the last minute, fry asparagus tips gently in a small amount of olive oil together with a pinch of salt.
- 9 Serve emulsion in small cocktail glasses and top with asparagus tips.

*Allergens: this recipe contains dairy products and possible traces of gluten, celery and mustard (in chicken stock).



ONION SQUASH SOUP



PREPARATION: 15 min

COOKING: 25 min

SERVES 4

ATTACHMENT:

½ onion squash (400g)

1 chicken stock cube*

3 carrots

100ml single cream

1 potato

1 pinch cinnamon

1 orange

1 pinch ground ginger salt, pepper

- 1 Wash and peel potatoes, carrots and onion squash. Cut into pieces.
- 2 Cook vegetables in chicken stock (water must cover vegetables) for about 25 minutes. Put through Extra Press with peeled orange. Add a little stock at the same time as the vegetables.
- 3 Add cream, cinnamon and ginger. Serve hot.



ONION SQUASH & HARICOT BEAN SOUP

Replace potato with 250g tinned haricot beans, rinsed and drained. Put through Extra Press with other ingredients. Add a little stock at the same time as the vegetables.

*Allergens: these recipes contain dairy foods and possible traces of celery and mustard (in chicken stock).

CHICORY & FENNEL SALAD



PREPARATION: 15 min

SERVES 6

ATTACHMENTS:

3 heads chicory

1 orange

½ fennel (150g)

cider vinegar*

250g half-dry goat's cheese

olive oil

- 1 Wash chicory, remove damaged leaves and cut off stems.
- 2 Using vegetable preparation machine, thinly slice chicory with 4 mm blade. Empty bowl and thinly slice fennel with 2mm blade. Arrange on a plate.
- 3 Cut goat's cheese into small pieces and arrange on top of chicory.
- 4 Squeeze oranges with citrus press, using grey cone (large citrus fruits). Mix juice with cider vinegar and olive oil.
- 5 Season salad with French dressing.

*Allergens: this recipe may contain traces of sulphites





SWEET POTATO SALAD



PREPARATION: 15 min

COOKING: 10 min

SERVES 6

ATTACHMENT:  or 

700g sweet potato	powdered cumin and turmeric
70g slivered almonds*	salt, pepper
2 sprigs fresh mint	white wine vinegar*
3 sprigs coriander	olive oil

- 1 Peel sweet potatoes and slice thinly with vegetable preparation machine using 4 mm slicing or julienne disc.
- 2 Cook sweet potato al dente in a small amount of salted water (slices must be covered with water). Leave to cool.
- 3 In the meantime, dry roast almonds in frying pan. Snip herbs and set aside.
- 4 Put salt, pepper, cumin, turmeric, half the snipped herbs, vinegar and oil in a bowl and mix.
- 5 Pour over sweet potatoes, add almonds and combine very gently. Sprinkle with remaining herbs.

*Allergens: this recipe contains nuts. It can also contain traces of sulphites (in white wine vinegar).

CARROT SALAD



PREPARATION: 15 min

SERVES 6

ATTACHMENTS:  or  or  

500g carrots	a few parsley leaves
2 lemons	olive oil
100g pine nuts	cumin
	salt, pepper

- 1 Wash peel and top and tail carrots. Grate using 2 or 4mm grating disc or julienne disc.
- 2 Squeeze lemons with citrus press, using yellow cone (small citrus fruits) and add juice to grated carrots.
- 3 Add snipped parsley, olive oil and cumin to taste. Season with salt and pepper and refrigerate.
- 4 Just before serving, sprinkle grated carrots with pine nuts.





SPRING CLAFOUTIS

PREPARATION: 15 min

COOKING: 40 min

SERVES 4

ATTACHMENTS:



3 eggs*
 500ml soured cream*
 1 small courgette
 1 carrot
 ½ sweet red pepper

1 small onion
 8 cherry tomatoes,
 chives,
 thyme,
 nutmeg
 1 knob of butter*
 salt, pepper

- 1 Preheat oven to 170°C.
- 2 Wash and peel vegetables if necessary. Grate using 4 mm grating disc: carrot, courgette and turnip. Empty bowl, turn disc over and thinly slice pepper and onion.
- 3 Place eggs, cream, chives and nutmeg in mixing bowl. Season with salt and pepper. Whisk until smooth.
- 4 Grease oven dish with butter and arrange vegetables. Pour over egg mixture and add halved cherry tomatoes, cut side facing upwards. Sprinkle with thyme.
- 5 Place dish in oven and cook 40 minutes.
- 6 Serve warm, with a tossed green salad and French garlic dressing.

*Allergens: this recipe contains dairy products



HOME-MADE KETCHUP

PREPARATION: 15 min

COOKING: 1 h

REST: 1 h

FOR 1 LITRE

ATTACHMENT:



3 large tomatoes
 1 stalk of celery*
 2 large red apples
 1 small mango

1 large onion
 150ml vinegar*
 150g caster sugar
 1 tsp salt

- 1 Wash tomatoes, celery and apples, then cut into pieces. Peel and stone mango and cut into pieces.
- 2 Put fruit and vegetables through Extra Press to obtain a coulis.
- 3 Peel and cut onion. Pour coulis into a casserole dish, add chopped onion and other ingredients. Stir and cook gently for 1 hour, stirring regularly. Leave to cool and pour into sterilised jars.

*Allergens: this recipe contains celery and possible traces of sulphites (in vinegar).



PERSIMMON



PREPARATION: 15 min

COOKING: 15 min

SERVES 4

ATTACHMENT:

- | | |
|------------------------------|-------------------------|
| 1 onion | 1 tblsp olive oil |
| 2 large very ripe persimmons | 1 tblsp sherry vinegar* |
| 1 sprig of thyme | 1 tblsp honey |
| 1 bay leaf | 25g grilled pine nuts |

- 1 Wash persimmons, remove stalks and cut into large pieces. Make a persimmon coulis using the Extra Press.
- 2 Sweat onion in olive oil, then add persimmon coulis, thyme, bay leaf, vinegar and honey. Simmer for 15 minutes.
- 3 Add at end of cooking time, add pine nuts after dry roasting in a frying pan. Serve with poultry or with a soft-centred chocolate cake.

*Allergens: this recipe may contain traces of sulphites.

TOMATO COULIS



PREPARATION: 10 min

COOKING: 30 min

SERVES 4

ATTACHMENT:

- | | |
|-------------------|--------------------------------------|
| 1kg ripe tomatoes | 2 garlic cloves |
| 2 tblsp olive oil | 1 sprig of fresh basil, salt, pepper |
| 2 tsp sugar | |

- 1 Wash tomatoes and cut into pieces.
- 2 Add olive oil to frying pan and quickly fry crushed garlic with salt, pepper and sugar. Then add tomatoes and basil. Simmer on low heat for about 30 minutes. Adjust seasoning if necessary.
- 3 Slowly put through Extra Press in small quantities.

GRILLED PEPPER COULIS



Replace tomatoes, sugar and basil with 1 red pepper and 2 yellow peppers. Pre-heat oven to 225°C in grill position. Wash peppers, halve and remove stalks. Place in the oven on a sheet of aluminium foil at mid-height and bake for about 30 minutes. Remove peppers from oven and let cool slightly. Peel and put through Extra Press. Add olive oil, 1 crushed garlic clove, season to taste and mix.



SPICY CITRUS JUICE



PREPARATION: 10 min

COOKING: 15 min

SERVES 4

ATTACHMENT:

- | | |
|-----------------|--------------------------|
| 2 juicy oranges | 1 saffron capsule |
| 1 grapefruit | 1 pinch Espelette pepper |
| 1 lemon | 1 tblsp honey |

- 1 Squeeze oranges with citrus press, using grey cone (large citrus fruits). For a pulp-free juice, attach Pulp System before adding citrus press basket. Pour juice into a heavy-bottomed saucepan. Add honey, saffron and a pinch of Espelette pepper. Simmer for about 15 minutes on low heat until thick and syrupy. Serve over a fruit salad or use for sweet and sour grilled fish.

STRAWBERRY & DESSERT WINE COULIS



PREPARATION: 5 min

REST: 1 h

COOKING: 10 min

FOR 500ml

ATTACHMENT:

- | | |
|-------------------|----------------------------|
| 200g strawberries | 90g sugar |
| 1 untreated lemon | 500ml côtes-du-rhône wine* |
| 4 tblsp honey | |

- 1 Wash lemon and zest. Bring wine to boil with lemon zest and sugar. Reduce to half on high heat then let cool for about 1 hour. Wash strawberries and put through Extra Press. Mix strawberry coulis with honey and reduced wine.

*Contains alcohol. Drink with moderation.

*Allergens: this recipe may contain traces of sulphites.

RASPBERRY COULIS



PREPARATION: 15 min

SERVES 6

ATTACHMENT:

- | | |
|------------------|---------------------|
| 300g raspberries | 3 tblsp icing sugar |
| ½ lemon | |

- 1 Quickly wash raspberries and put through Extra Press.
- 2 Add drizzle of lemon juice and icing sugar to coulis. Mix.

STRAWBERRY or MANGO or BLUEBERRY COULIS



Replace raspberries with 300g of your favourite fruit.



GRAPE & RASPBERRY YOGHURT



PREPARATION: 10 min

SERVES 4

ATTACHMENT:



300g raspberries

500g purple grapes

300g creamy yoghurt*

100ml milk*

½ tsp white pepper

2 tsp honey

- 1 Rinse raspberries (set aside a few raspberries for decoration). Wash grapes and remove from bunch.
- 2 Put fruit through Extra Press.
- 3 Whisk grape-raspberry coulis with yoghurt, milk, pepper and honey.
- 4 Divide into 4 shot glasses, add a few raspberries on top.

*Allergens: this recipe contains dairy products.

MELON FAN with raspberry coulis



PREPARATION: 10 min

SERVES 4

ATTACHMENTS:



1 large melon

300g raspberries

½ lemon

3 tblsp icing sugar

fresh mint

- 1 Cut melon into quarters, remove pips and skin. Slice thinly using 4mm slicing disc. Set aside.
- 2 Wash raspberries and put through Extra Press. Add drizzle of lemon juice and icing sugar to coulis. Mix.
- 3 Pour a little coulis on each plate and arrange melon slices in a fan shape. Decorate with a few mint leaves and serve immediately.



GRAPEFRUIT TARTLETS



PREPARATION: 10 min

COOKING: 10 min + 30 min

REST: 1 h

SERVES 4

ATTACHMENT:



2 large grapefruits

4 tsp brown sugar

125g castor sugar

1 level tblsp cornflour

3 large eggs*

- 1 Squeeze grapefruit using grey cone (for large citrus fruits) and pour 300ml of juice into a saucepan with sugar. Heat for 10 minutes over low heat, stir and let cool slightly.
- 2 Whisk whole eggs with cornflour in a bowl. Add warm grapefruit juice, whisking constantly, then pour into 4 ramekins.
- 3 Cook tartlets 30 minutes in a pressure cooker or otherwise in a bain-marie. Leave to cool.
- 4 Sprinkle tartlets with brown sugar and refrigerate for at least one hour. Serve very cold.

*Allergens: this recipe contains eggs.

APPLE COMPOTE



PREPARATION: 10 min

COOKING: 20 min

REST: 1 h

SERVES 2-3

ATTACHMENT:



600g apples

1 tsp cinnamon

1 sachet of vanilla sugar

(or 1 tsp vanilla essence and 1 tsp sugar)

- 1 Peel and quarter apples.
- 2 Put apple in saucepan, pour over vanilla sugar and cinnamon. Simmer gently.
- 3 When cooked, put through Extra Press.
- 4 Eat immediately or refrigerate.

APRICOT COMPOTE



Replace apples with 600g ripe washed and stoned apricots.

APPLE-PEAR COMPOTE



Replace half the apples with pears. Proceed as above.



STRAWBERRY JAM



PREPARATION: 10 min

COOKING: 15 min

FOR 6 TO 8 JARS

ATTACHMENT: 

1.5kg strawberries

40g pectin

1.6kg granulated sugar

1 knob of butter*

- 1 Wash strawberries. Put through Extra Press and weigh out 1.4kg. Pour coulis into saucepan and heat.
- 2 Mix pectin in a bowl with 2 tblsp sugar. Sprinkle over coulis, stirring gently with a wooden spoon.
- 3 Bring to boil and boil for 3 minutes stirring constantly. Add sugar and butter, bring back to boil, boil for 3 minutes, stirring constantly. At end of cooking time, fill jam jars up to top. Close and turn over. Let cool before refrigerating.

BLUEBERRY JAM



Simply replace strawberries with blueberries and proceed as above.

*Allergens: this recipe contains dairy products.

PLUM JELLIES



PREPARATION: 15 min

COOKING: 45 min

DRYING: 24 h

FOR 60 SUGARED JELLIES

ATTACHMENT: 

600g plums

700g granulated sugar

½ lemon

25g pectin

- 1 Wash plums and poach in simmering water. Drain and stone. Put fruit through Extra Press then add a drizzle of lemon juice.
- 2 Mix pectin in a bowl with 75g sugar. Sprinkle over coulis, stirring gently with a wooden spoon.
- 3 Pour coulis into a deep saucepan, add 300g sugar. Heat and stir until it boils, add 300g sugar and cook until it reaches 110°C.
- 4 Pour into flat-bottomed tray to about 1 cm high. Refrigerate for 24 hours, then cut into 3 cm squares, roll in granulated sugar, remove surplus sugar and keep in an airtight container.



3-FLAVOUR ICE-LOLLIES



PREPARATION: 10 min

FREEZING: 24h

SERVES 4

ATTACHMENT: 

1 melon

250g raspberries

250g strawberries

cane sugar syrup (optional)

- 1 Cut melon into quarters, remove pips and skin. Wash berries. Put all fruit through Extra Press, ending with raspberries. Add a little cane sugar syrup if you think the mixture is too acidic.
- 2 Pour into ice-lolly moulds and freeze for 24 hours. You can add small pieces of fruit.

RED CURRANT JELLY



PREPARATION: 15 min

COOKING: 15 min

FOR 4 JARS

ATTACHMENT: 

1.5kg red currants

lemon juice (optional)

800g granulated sugar

- 1 Wash and remove currants from stalks. Put 500g through Extra Press, empty basket and repeat twice.
- 2 Put juice in a jam pam. Bring to boil and boil for 2 minutes stirring constantly.
- 3 Add same weight of sugar, bring back to boil, cook on high heat for 2 minutes, stirring constantly.
- 4 Skim and put jelly into jars immediately. Fill right to the top. Close and turn over. Let cool before refrigerating.

APPLE & CINNAMON JELLY



Replace red currants with apples. Wash and put half the fruit through Juice Filter. Empty basket and put through remaining apples. Mix apple juice with lemon juice. Put juice in a jam pam. Bring to boil and boil for 3 minutes stirring constantly. Add same weight of sugar and 1 tsp of cinnamon. Bring back to boil, cook on high heat for 3 minutes, stirring constantly. Pour into jars immediately. Close and turn over. Let cool before refrigerating.



GREEN CAKE



PREPARATION: 15 min

COOKING: 30 min

SERVES 6

ATTACHMENT: 

8 medium-sized apples
3 eggs*
2 glasses** flour*
1 glass rolled oats*
1 ½ glasses brown sugar

1 glass of oil
1 tbsp baking powder
1 pinch powdered cinnamon
icing sugar
**1 glass = 200ml

- 1 Remove core and pips from apple. Put through Juice Filter. Set aside pulp.
- 2 Add all ingredients ending with flour. Mix well (mixture is a little elastic, which is normal). Pre-heat oven to 180°C (th. 6).
- 3 Oil a loaf pan and pour in mixture.
- 4 Smooth surface and bake in oven for about 30 minutes. Check whether it is cooked by inserting a knife tip. The cake is cooked if the blade comes out dry. Let cool and sprinkle with icing sugar and cinnamon.

*Allergens: this recipe contains eggs and gluten.

CARROT CAKE



PREPARATION: 15 min

COOKING: 50 min

SERVES 6

ATTACHMENT:  or 

350g carrots
160g powdered almonds*
4 eggs*
50g pecan nuts*
30g dried cranberries
80g flour*

175g brown sugar
1 tbsp baking powder
1 lemon
2 tsp powdered cinnamon
1 tsp powdered ginger
1 tsp grated nutmeg

- 1 Use carrot juice pulp or grate carrots using 4mm grating disc. Cream egg yolks and sugar until white. Add remaining ingredients including carrots. Pre-heat oven to 180°C (th. 6).
- 2 Beat egg whites until stiff and add to mixture.
- 3 Oil a loaf pan and pour in mixture.
- 4 Bake in oven for 50 to 60 minutes. Check whether it is cooked by inserting a knife tip. The cake is cooked if the blade comes out dry. Let cool and enjoy!

*Allergens: this recipe contains eggs, gluten and nuts.

ENERGY BARS



PREPARATION: 10 min REST: 1 h
SERVES 6

COOKING: 15 min
ATTACHMENT:

almond milk pulp*
and/or cashew nut pulp*
and/or soya milk pulp*
dried cranberries
crushed hazelnuts*
honey or agave syrup

- 1 Use pulp from vegetable milks (pulp remaining in Juice Filter). Dry pulp in frying pan over low heat.
- 2 Mix dried fruits and nuts with honey or agave syrup.
- 3 Pour mixture into frying pan with pulp and cook over low heat for a few minutes. The mixture has to be fairly compact. In necessary, add honey or agave syrup.
- 4 Spread and tamp down mixture on a tray or dish lined with greaseproof paper. Let cool and cut into bars.

*Allergens: this recipe contains soya and nuts.

PEAR SORBET



PREPARATION: 10 min
POUR 6 PERSONNES

FREEZING: 3 to 6 h
ATTACHMENTS:

160ml cane sugar syrup ½ lemon
400g pears

- 1 Wash pears and put through Extra Press with peeled half lemon to obtain a coulis.
- 2 Combine coulis with cane sugar syrup and pour mixture into ice-cube trays. Freeze for 3 to 6 hours.
- 3 When ice-cubes are ready, put through Juice Filter and remove sorbet from basket. Make sure you put a glass under the spout to catch any juice. Serve immediately in ramekins and enjoy!

BLUEBERRY AND HAZELNUT SORBET



Replace pears with 500g blueberries. Proceed as above.
Decorate sorbet with crushed hazelnuts*.

*Allergens: this recipe contains nuts.



LEMON-MINT GRANITE



PREPARATION: 10 min

FREEZING : 3 to 6 h

SERVES 4

ATTACHMENTS:



200ml water

20 fresh mint leaves

100ml cane sugar syrup

a few crushed almonds

4 limes (130ml)

- 1 Combine water and cane sugar syrup.
- 2 Squeeze limes with citrus press, using yellow cone (small citrus fruits). Add juice to water and syrup mixture. Wash mint leaves and add to mixture.
- 3 Pour mixture into ice-cube trays and place in freezer for at least 3 hours.
- 4 When ice-cubes are ready, put through Juice Filter and remove granite from basket. Make sure you put a glass under the spout to catch any juice. Serve immediately in shot glasses, decorate with crushed almonds and enjoy!

*Allergens: this recipe contains nuts.

STRAWBERRY SORBET



PREPARATION: 10 min

FREEZING: 3 to 6 h

SERVES 6

ATTACHMENTS:



200ml cane sugar syrup

½ lemon

500g strawberries

- 1 Wash strawberries and put through Extra Press with peel lemon half to obtain a coulis.
- 2 Combine coulis with cane sugar syrup and pour mixture into ice-cube trays. Freeze for 3 to 6 hours.
- 3 When ice-cubes are ready, put through Juice Filter and remove sorbet from basket. Make sure you put a glass under the spout to catch any juice. Serve immediately in ramekins and enjoy!

MANGO SORBET



Replace strawberries with 500g peeled and pitted mango. Proceed as above.



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