



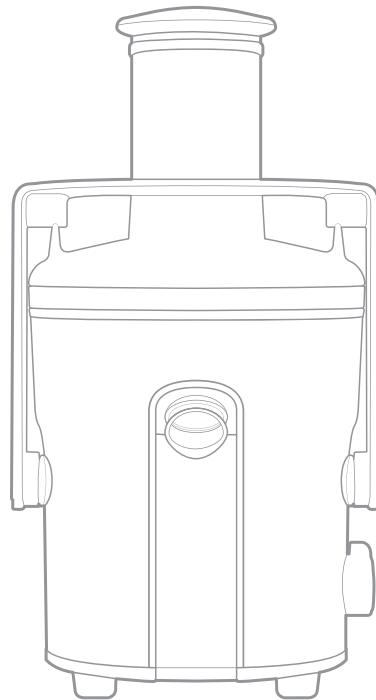
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# Double Sieve Juicer Pro

Instruction and recipe booklet

RJ810S



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Please read these instructions and retain for further reference.

# Introduction

**Congratulations on the purchase of your Rohaus Double Sieve Juicer Pro.**

**Combining Dutch technology, European engineering, 21st century design and professional product specification, for us, an outstanding appliance is not just a delight to use, it should inspire pride in ownership. Working in harmony with you, a natural expression of your style and skills, tough and powerful and yet with a balanced precision, every appliance we put our name to amplifies technique and enhances life.**

**We call this Living Engineering.**

**The Rohaus Double Sieve Juicer Pro is designed with durable stainless steel components and includes double sieve feature that allows extracting maximum juice out of fruits, vegetables and berries.**

# Rohaus Safety Precautions

- Do not put fingers or other objects into the feed chute whilst the juicer is in operation, always use the food pusher provided.
- If any fruit or vegetables become lodged in the feed chute, use the food pusher or turn off the juicer, remove the plug from the power outlet and disassemble to remove the lodged fruit or vegetables.
- Never operate without pulp container.
- Ensure the juicer is correctly and completely assembled before turning the appliance 'On'.
- Switch off the appliance and disconnect from power supply before changing accessories or parts that move in use.
- Ensure the juicer cover is fixed securely and pulp container is in place before juicer is turned on. Do not fasten the locking arm while the juicer is in operation.
- Juicing blades are very sharp, handle Double Sieve filter basket with care when removing, replacing and cleaning.
- Do not operate if Double Sieve filter basket is damaged.
- Always operate the juicer on a flat, level surface.
- Do not operate for more than 20 seconds at a time when juicing heavy loads. None of the recipes in this manual are considered a heavy load.

**Rohaus is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:**

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner.
- For additional protection, Rohaus recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

# Features Of Your Double Sieve Juicer

## Stainless steel Double Sieve filtering basket

The Double Sieve filtering basket is designed to extract more juice from fruit and vegetables. The blades and basket are constructed with die-cast metal and fitted with stainless steel photo-etched mesh for durability, performance and cleaning ease.

## 2 Litre external pulp container

Large 2 litre capacity pulp container is ideal for extracting large volumes of juice without stopping. Once full the pulp container can be easily removed without having to dismantle the juicer.

## Control dial with two speeds and off

Two-speed electronic control with 1000 watt motor maximises juicing results. 'Soft and Squeezy' speed for soft fruits with high water content including oranges and watermelon. 'Hard and Crunchy' speed for harder and fibrous fruit and vegetables such as apples, ginger, celery and carrots

## Cord wrap

Cord wraps away to keep bench top clean.

## Juicing jug

Large 1 litre juicing jug with froth separating lid ensuring an easy pour and a smooth tasting juice.

## Cleaning brush

Helps makes cleaning the filter basket easy. Simply wash under running water whilst pulp is still moist.

# Helpful Hints For Juicing

## Preparing fruit and vegetables

Wash all fruit and vegetables well before juicing. There is no need to peel vegetables that have a thin skin but a light scrub with a clean sponge will help rid of any dirt that may be stuck on or any waxy coatings. Peel fruit and vegetables that have a thick skin such as melons, pineapple and citrus fruit. Juice only the freshest of fruit and vegetables to get the most nutrients out of them and the best flavours.

Cut large pieces of fruit, such as melons into large wedges. Some seeds from citrus fruits can be bitter so you may want to remove some of the seeds before juicing. Remove seeds and stones from fruit such as mangoes, papaya and stone fruit. This will prevent the blade from getting damaged.

## Juicing techniques

When juicing different fruit and vegetables it may help to juice in different combinations.

For example, when juicing apples and oranges, juice the soft fruit (oranges) first, then follow with the hard fruit (apples) second. This will help you to achieve the maximum juice extraction from the fruit and vegetables.

When juicing fresh herbs such as mint or parsley, add the herbs in between the fruit and vegetables to get the most out of the herb or if only using a small quantity, add the herb at the same time as a piece of fruit and vegetable.

Bananas can be hard to juice but the taste goes a long way. When juicing a blend of fruit with bananas, add the banana as either the first or second piece of fruit. The nectar of the banana will sit inside the filtering basket and as the remaining fruits are added into the juice extractor they will release the banana nectar throughout the rest of the juice resulting in frothy flavoursome juice.

When juicing small fruit such as grapes or strawberries, add the fruit in handfuls rather than one at a time, this will maximize the amount of juice extracted.

Be aware that beetroot stains all other fruit and vegetables. If juicing several different juice combinations, juice the drink with the beetroot last, so as to not stain the other drinks.

# A Guide To The Benefits Of Juicing

Fruit/ Vegetable	Source of	Benefits	KJ per 100g
Apples	"Carotenes, pectin, potassium, vitamin C and dietary fibre, energy giving carbohydrates."	May help in the treatment of constipation.	150kj/100g
Apricots	Beta-carotene, iron, vitamin C, dietary fibre.	High in natural sugars for energy.	280kj/100g
Banana	Potassium, carbohydrates, dietary fibre, vitamin B6, vitamin C.	Provides sustained energy.	225kj/100g
Beetroot	Folate, potassium, leafy tops are rich in beta carotene, calcium and iron.	The folate is excellent for healthy cells.	120kj/100g
Blueberries	Carotenoids, vitamin C.	Antibacterial.	200kj/100g
Capsicum	High in vitamin C, beta carotene.	1 red capsicum has enough vitamin C to meet the daily needs of 10 people.	135kj/100g
Carrots	Beta carotene, folate, dietary fibre.	May help with night vision.	100kj/100g
Celery	Only small amounts of vitamins and minerals.	Helps to clean mouth and teeth.	50kj/100g
Cherries	Very high in vitamin C, dietary fibre.	May help to stabilize the heartbeat and also keeps the skin healthy.	170kj/100g
Cucumber	Only small amounts of vitamins and minerals.	May help with flatulence.	30-50kj/100g
Fennel	Beta carotene, folate.	Fennel seeds are good for digestion.	50kj/100g
Ginger		Aids in digestion and is good for nausea and improves circulation.	
Grapefruit	Rich in vitamin C, fibre, bioflavonoids.	Pink grapefruit contains Lycopene which is an anti-cancer agent and may reduce the risk of prostate cancer.	110kj/100g
Honeydew Melon	Vitamin C, small amounts of carotenoids.	May stimulate the kidneys to help function better.	130kj/100g
Kiwi Fruit	Beta carotene, vitamin C, bioflavonoids, dietary fibre.	Helps in digestion and cleansing of the skin.	180kj/100g
Lemon	Bioflavonoids, limonene, pectin, vitamin C.	The pectin may help reduce blood cholesterol.	95kj/100g
Lime	"Bioflavonoids, limonene, pectin, vitamin C."	The pectin may help reduce blood cholesterol.	90kj/100g

Fruit/ Vegetable	Source of	Benefits	KJ per 100g
Mandarins	Vitamin C, beta carotene, folate.	"Vitamin C helps build the immune system."	165kj/100g
Mango	Beta carotene, potassium, flavonoids and other antioxidants.	Easy to digest.	235kj/100g
Mint	"Antispasmodic volatile oils, flavonoids, menthol."	Aids digestion.	
Oranges	"High in vitamin C, fibre, beta carotene, flavonoids, thiamine, pectin, folate."	Excellent for healthy skin and helps the body's defences against bacterial infections.	100kj/100g
Papaya	"Protective carotenoids, rich in vitamin C, fibre, rich in papain."	Helps digest proteins.	160kj/100g
Parsley	Vitamin C, iron.	Excellent for fresh breath.	
Peaches	"Good source of vitamin C, dietary fibre, beta carotene."	Easy to digest and works as a gentle laxative.	130kj/100g
Pears	Very good source of dietary fibre.	Provide a quick source of energy.	190kj/100g
Pineapple	Vitamin C, dietary fibre, beta carotene.	Helps to digest protein.	160kj/100g
Plums	"Vitamin E, potassium, beta carotene, malic acid."	May help to retard the effects of wrinkling.	110-155kj /100g
Raspberries	High in dietary fibre, excellent source of vitamin C, some folate.	Helps in treating constipation.	110kj/100g
Spinach	Zeaxanthin, vitamin C, beta carotene, folate, dietary fibre.	Helps in keeping eyes healthy in the elderly.	65kj/100g
Strawberries	Vitamin C, dietary fibre, some folate.	Helps to absorb iron better after eating meat.	80kj/100g
Tomatoes	"Rich in lycopene, vitamin C, and small amounts of vitamin E, folate, dietary fibre."	May help reduce the risk of prostate cancer in men.	55kj/100g
Watermelon	Carotenoids, beta carotene, vitamin C, dietary fibre.	May stimulate the kidneys to help function better.	95kj/100g

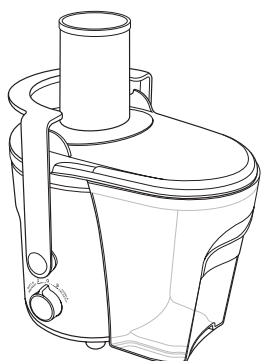
# Assembling Your Double Sieve Rohaus Juicer

## Before Use

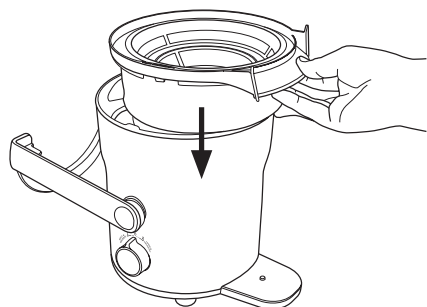
After unpacking your Double Sieve Juicer we recommend that you disassemble the unit before using for the first time. Wash all parts except the motor base in hot soapy water. Rinse and dry immediately.

**IMPORTANT:** Always ensure your juicer is unplugged from the power outlet when not in use, during assembling or whilst removing parts.

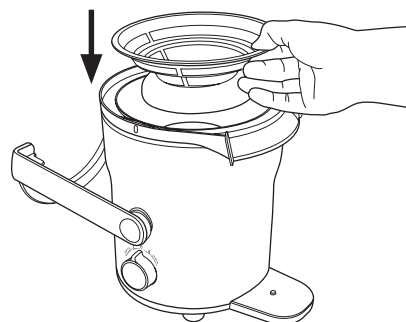
1. Set the motor base on a dry, level surface. For convenience when juicing, have the control switch facing you (figure 1)



2. Place the juice collector / bowl onto the top of the motor base (figure 2)

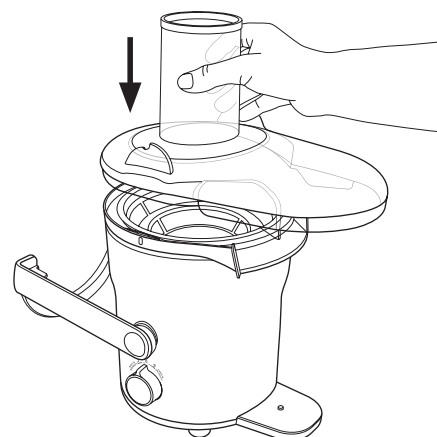


3. Position the stainless steel double sieve filtering basket onto the motor drive shaft and push down until firmly in place (figure 3)

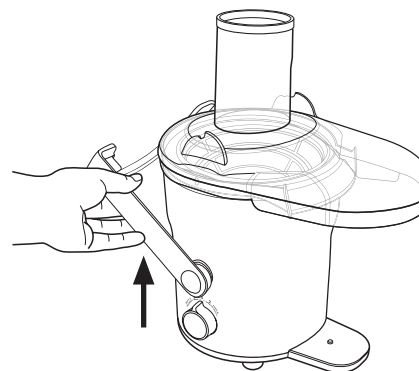


**IMPORTANT:** Ensure that the card disc protecting the Double Sieve filter basket blades is removed before use.

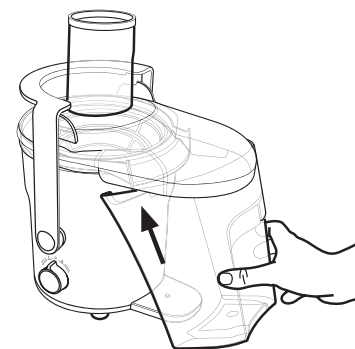
4. Place the juicer cover onto the juice collector / bowl, with the feed chute positioned over the stainless steel double sieve filtering basket and push into position (figure 4)



5. Secure the juicer cover by raising the locking arm and securing into the grooves on the juicer cover (figure 5)

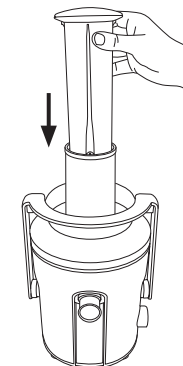


6. Slightly tilt the pulp container and slide into place under the spout (figure 6)

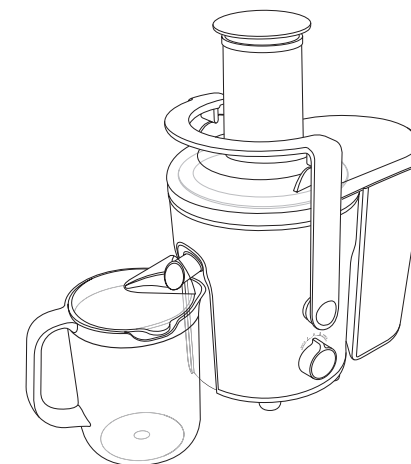


**TIP:** To reduce cleaning we recommend that you line the pulp container with a plastic bag to collect the pulp.

7. Take the food pusher, align the groove on the food pusher with the notch on the inside of the feed chute and slide the food pusher down into the feed chute (figure 7)



8. Position the juicing jug under the spout (figure 8)



# Operating Your Rohaus Double Sieve Juicer

**IMPORTANT: Do not operate for a total period longer than 20 minutes per session.**

**Note:**

The Double Sieve Juicer should be completely assembled before use, if this is not the case see 'Assembling your Double Sieve Juicer' on page 10.

1. Ensure the control dial on the juicer is in the central 'Off' position and insert the power cord into a 220-240V AC power outlet and turn the power to 'On'.

2. Clean fruit and vegetables thoroughly, ready for juicing.

**Note:**

The large feed chute allows whole fruit and vegetables to be juiced, however some fruit and vegetables may require other preparation before juicing, such as peeling or removing stones, see 'Juicing speed guide' on page 13 for our recommendations.

3. Ensure that the juicer has been assembled correctly, making sure that the stainless steel double sieve filtering basket revolves properly before placing fruit and vegetables in the juicer.

**Note:**

The stainless steel double sieve filtering basket should be cleaned thoroughly before each use, see 'Care and cleaning' on page 15.

4. Place the juicing jug under the juice spout.

5. Select speed using the control dial. To select 'Soft and Squeezy' speed, turn the control dial to the left. To select 'Hard and Crunchy', turn the control dial to the right. For optimum juicing results, 'Soft and Squeezy' speed is primarily used for soft fruit and vegetables, particularly those with high water content and 'Hard and Crunchy' speed is ideal for hard and fibrous fruit and vegetables. A list of fruit and vegetables commonly used for juicing

and their recommended juicing setting and specified in the 'Juicing speed guide' on page 13.

**IMPORTANT: Do not operate for more than 20 seconds at a time when juicing heavy loads.**

None of the recipes in this manual are considered a heavy load.

6. With the juicer in operation, place the fruit and vegetables into the feed chute. Using the food pusher, guide the fruit and vegetables down the feed chute and onto the stainless steel blade.

**Tip:** For maximum juice extraction, guide the food pusher down the feed chute in a slow downward motion.

**IMPORTANT: Do not push fruit or vegetables into the feed chute with your fingers, always use the food pusher provided.**

7. The juice from the fruit and vegetables will flow directly into the jug or glass and the pulp will be separated and collected in the pulp container.

**IMPORTANT: When juicing be aware of the level of pulp in the pulp collection container, because if the container is overfilled this can cause damage to the appliance and prevent the juicer from operating correctly.**

8. When juicing is complete ensure that the juicer is switched 'Off' and unplugged from the power outlet.

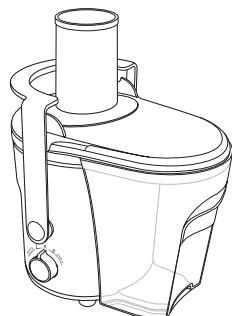
# Juicing Speed Guide

Not all fruit and vegetables should be juiced at the same speed. To maximize juicing results, soft fruits with high water content should be juiced at lower speeds and high speed is ideal for hard and fibrous fruit and vegetables.

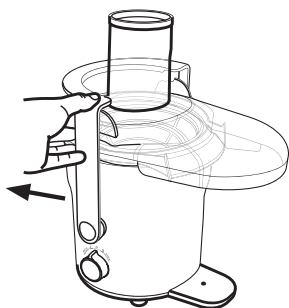
Soft and Squeezy Speed	Hard and Crunchy Speed
Spinach	Apples
Grapes	Beetroot
Cabbage	Carrots
Apricots - remove stone	Celery
Banana - remove skin	Fennel
Blueberries	Ginger
Capsicum - remove seeds	Papaya
Cherries - remove pips	Pears
Cucumber	Pineapple- remove skin
Grapefruit - remove skin	
Honeydew Melon - remove skin	
Kiwi Fruit - remove skin	
Lemon - remove skin	
Lime - remove skin	
Mint	
Broccoli	
Mandarins - remove skin	
Mangoes - remove skin & seed	
Oranges - remove skin	
Peaches - remove stone	
Plums - remove stone	
Raspberries	
Rock Melon - remove skin	
Strawberries	
Tomatoes	
Watermelon - remove skin	

# Disassembling Your Rohaus Double Sieve Juicer

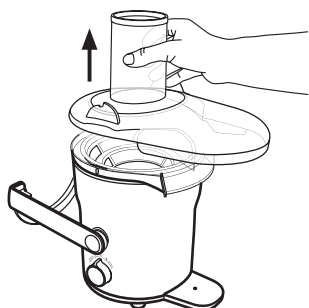
1. Turn the power 'Off' at the power outlet and unplug the cord.
2. Slightly tilt the pulp container and slide away from the juicer (figure 9)



3. Grip the safety locking arm and pull downwards to release (figure 10)



4. Lift the juicer cover from the juice collector/bowl (figure 11)

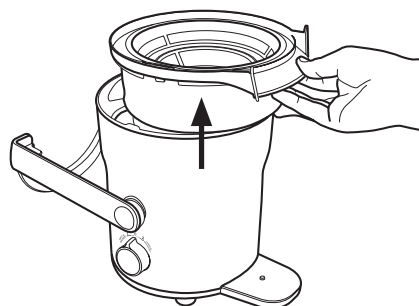


5. Place fingers under the rim of the stainless steel blade and filtering basket and lift out (figure 12)



**IMPORTANT: Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.**

6. Lift the juice collector/bowl from the motor base (figure 13)



# Care And Cleaning

## Note:

Ensure that the juicer is unplugged from the power outlet prior to cleaning.

## Quick clean

For easy cleaning, ensure that immediately after use that the juicer is disassembled and that each removable part is rinsed under running water, removing any wet pulp and then allow to air dry.

## Thorough cleaning

Disassemble the juicer and place all removable parts aside, see 'Disassembling your Double Sieve Juicer' on page 14. Rinse the juice collector, juicer cover, pulp container and food pusher under running water and wash with warm, soapy water. Rinse well.

To clean the stainless steel double sieve filtering basket, hold under warm running water and using a cleaning brush, brush the outside of the basket first. Then with the basket still under running water, brush the inside of the basket in an anti-clockwise direction to remove the pulp. To ensure the stainless steel double sieve filtering basket is free of all remaining pulp, hold it to the light and ensure that the holes in the filtering basket are not blocked

**IMPORTANT: Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning. Use a soft, damp cloth to wipe the motor base clean.**

## To clean the motor base

Clean the motor base of the juicer using a damp soft sponge with mild detergent and wipe over the appliance.

**IMPORTANT: Never immerse the motor base in water or any other liquid.**



# Troubleshooting Guide

Problem	Possible cause	What to do
Juicer will not start when speed is selected.	The juicer hasn't been assembled correctly.	See 'Assembling your Double Sieve Juicer' on page 10.
	"Pulp is caught in the juicer cover."	"Stop juicing, remove the juicer cover and clean out pulp. See 'Disassembling your Double Sieve Juicer' and 'Care and Cleaning' sections. Try a slower juicing action - guide the food pusher down the feed chute in a slow downward motion."
	"Stainless steel double sieve filtering basket is blocked with excess pulp."	"After extended juicing of fibrous fruit and vegetables the mesh on the filtering basket may need to be cleaned. Stop juicing, disassemble the juice extractor and clean the filtering basket. See 'Disassembling your Double Sieve Juicer' and 'Care and Cleaning' sections."
	The selected juicing speed is incorrect.	See 'Juicing speed guide' on page 13.
You notice less juice coming out of the juice spout.	Large amounts of highly fibrous fruit and vegetables have caused excess pulp to build up in the filtering basket.	Stop juicing, disassemble the juice extractor and clean the filtering basket. See 'Disassembling your Double Sieve Juicer' and 'Care and Cleaning' sections.
The juicer motor stops or will not start.	The motor has been overloaded.	"Unplug the juicer, allow it to cool and press the re-set button locate underneath the machine."

# Recipes

## DETOX AND CLEANSING DRINKS

All these juices help to cleanse toxins from the body. For all recipes in this section process all ingredients, in the order listed, through the juicer, stir and serve immediately.

### Carrot Cleanser (makes approx 6 cups)

5 carrots  
2 stalks celery  
2 cups kale  
1 apple  
1 beetroot, quartered  
1 orange (peeled)

### The Purifier (makes approx 6 cups)

2 large cucumbers  
1 pineapple (skin removed)  
1 bunch fresh mint  
1 lemon (peeled)  
2 cm piece ginger  
2 cups kale

### Body Cleanser (makes approx 3 cups)

5 sprigs fresh parsley  
4 apples  
3 stalks celery  
1 cucumber  
1 lemon (peeled)  
1 lime (peeled)

### Skin Refresher (makes approx 3 cups)

4 carrots  
1 apple  
1 red capsicum (cored and seeds removed)

### Potassium Juice (makes approx 3 cups)

3 carrots  
3 stalks celery  
2 apples  
½ bunch fresh parsley  
2 cups spinach

## JUICE REMEDIES

All these juices are rich in vitamins and minerals. A great way to start the day. For all recipes in this section process all ingredients, in the order listed, through the juicer, stir and serve immediately.

### Morning Starter (makes approx 4 cups)

5 carrots  
4 sprigs fresh mint  
1 apple  
1 beetroot (quartered)

### Green Vitamin C (makes approx 3 cups)

4 stalks celery  
3 apples  
1 head broccoli (chopped)  
1 cucumber  
¼ cup fresh parsley sprigs

### Refreshing Renewal (makes approx 3 cups)

4 apples  
1 cucumber  
1 fennel bulb (quartered)  
1 bunch fresh mint  
2 cm piece ginger

### Ginger Root Boost (makes approx 3 cups)

6 carrots  
3 apples  
1 lemon  
2 cm piece ginger

## FAMILY FAVOURITES

Juices the entire family will enjoy. For all recipes in this section process all fruit and vegetables, in the order listed, through the juicer. Add any vanilla extract to the finished juice, stir and serve immediately.

### Apple Green Grape (makes approx 3 cups)

5 apples  
1 lemon (peeled)  
2 cups green grapes



### The Red Racer (makes approx 5 cups)

500g watermelon (skin removed)  
 250g fresh raspberries  
 2 apples  
 2 oranges (peeled)

### Minty Peach (makes approx 5 cups)

3 peaches (stone removed)  
 1 apple  
 1 lime (peeled)  
 ½ bunch fresh mint

### PULP RECIPES

Don't throw away the juicer pulp. We have some great recipes that will ensure you utilize the entire fruit/vegetable!

### Carrot and Pineapple Cake (serves: 10-12)

2 cups plain flour  
 2 teaspoons baking powder  
 1 teaspoon ground cinnamon  
 ½ teaspoon mixed spice  
 4 eggs  
 1 ½ cups sunflower oil  
 1 cup caster sugar  
 ½ cup brown sugar  
 1 cup carrot pulp  
 ½ cup pineapple pulp  
 ½ cup walnuts (chopped)

### Icing:

250g butter (softened)  
 250g cream cheese (softened)  
 5 cups icing sugar

1. Preheat oven to 180°C. Grease and line a 23cm spring form cake pan with baking paper.
2. In a large bowl combine flour, baking powder, cinnamon and mixed spice.
3. Add eggs, oil, sugars and fruit pulp. Stir to combine. Gently fold through walnuts.
4. Pour into prepared pan and bake for 50-60 minutes until cooked. Remove from pan and allow to cool on a wire rack.
5. To make the icing, place butter and cream cheese in the bowl of an electric mixer. Beat until light and fluffy. Gradually add icing sugar to the butter. Continue to beat until light and all ingredients are well combined. Cover top and sides of cooled cake with icing. Serve.

### Pear and Ginger Cake (serves: 8-10)

150g butter (melted)  
 1 cup brown sugar  
 ¼ cup milk, 3 eggs  
 1 ½ cups self-raising flour  
 1 tablespoon ginger pulp  
 ½ teaspoon ground cinnamon  
 2 cups pear pulp

1. Preheat oven to 180°C. Grease and line a 20cm cake pan with baking paper.
2. In a large bowl combine butter, sugar, milk and eggs.
3. To the bowl add remaining ingredients. Stir mixture until just combined. Pour into prepared pan. Bake for 1 hour or until cooked when tested. Remove from pan and allow to cool on a wire rack.

### Apple Cake (serves: 8-10)

2 ¾ cups plain flour  
 1 tablespoon baking powder  
 1 tablespoon ground cinnamon  
 2 eggs  
 2 cups apple pulp  
 2 cups caster sugar  
 1 cup vegetable oil  
 1 cup walnuts (chopped)  
 ¼ cup orange juice  
 3 teaspoons vanilla essence

1. Preheat oven to 180°C. Grease and line a 23cm cake pan with baking paper.
2. Sift flour, baking powder and cinnamon into a large bowl.
3. In a separate bowl combine remaining ingredients
4. Pour wet ingredients into flour and fold until just combined. Pour into prepared pan. Bake for 60 to 75 minutes or until cooked when tested. Remove from pan and allow to cool on a wire rack.

