

PROGRESS®

Est. 1931

**SLOW
JUICER**

Instruction manual

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Please read all of the instructions carefully and retain for future reference.

Safety Instructions

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning, or if the appliance has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the appliance away from other heat emitting appliances.

Keep hands, fingers, hair and any loose clothing away from the rotating tools of the appliance.

Do not immerse the electrical components of this appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not pull or carry the appliance by its power supply cord.

Do not use the appliance if it has been dropped, if there are visible signs of damage or if it is leaking.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use any damaged accessories.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not place boiling water or very hot liquid in the appliance.

Do not dry blend ingredients; always add a small amount of liquid.

Do not overload the appliance as the mixture level may rise during juicing.

Do not touch any moving parts on this appliance during use, as this could cause injury.

Do not touch any sections of the appliance that may become hot during use, as this could cause injury.

Do not use broken or loose cutting or rotating blades.

Switch off the appliance and disconnect it from the mains power supply before changing accessories.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer

or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

Care and Maintenance

STEP 1: Switch off and unplug the juicer from the mains power supply before performing any cleaning or user maintenance.

STEP 2: Rinse the juicer before disassembly, following the instructions in the section entitled 'Disassembling the Slow Juicer' in the online instruction manual.

STEP 3: Wipe the juicer base unit with a soft, damp cloth and allow to dry thoroughly.

STEP 4: Wash all of the accessories , in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the juicer base unit in water or any other liquid.

Do not use harsh or abrasive detergents or scourers to clean the juicer, as this could cause damage.

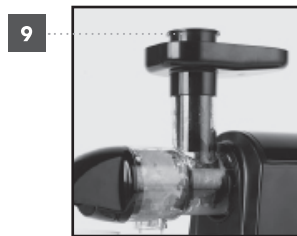
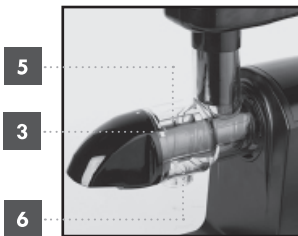
The juicer is not suitable for use in a dishwasher.

Note: Always clean the juicer immediately after each use.

It is recommended to soak the juice filter in warm, soapy water for approx. 10 minutes after using the juicer to aid the removal of stubborn pulp. If any pulp is left to dry on the juice filter, it may block the fine cutting blades and mesh surround, reducing the effectiveness of the juicer.

Some foods may discolour the plastic accessories. This is normal and will not damage the plastic or affect the flavour of the food. To reduce the risk of discolouration, clean the juicer immediately after use. Rub any discoloured areas with a cloth dipped in vegetable oil.

Description of Parts



1. Slow Juicer base unit
2. Power switch
3. Locking catch
4. Feeding chute
5. Juicer screw
6. Juice filter
7. Juice tap

8. Pulp outlet
9. Pusher
10. Top cover
11. Juice cup
12. Pulp cup
13. Brush

Instructions for Use

Before First Use

Before using the juicer for the first time, clean it following the instructions outlined in the section entitled 'Care and Maintenance'.

Note: When using the juicer for the first time, a slight odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the juicer.

Assembling the Slow Juicer

STEP 1: Check that the juicer is switched off and unplugged from the mains power supply. Position the juicer base unit onto a flat, stable surface, at a height that is comfortable for the user.

STEP 2: Align the tabs on the feeding chute with the indents on the juicer base unit. Rotate the feeding chute in an anticlockwise direction to lock securely into place.

STEP 3: Insert the juicer screw into the feeding chute and push through to secure into place.

STEP 4: Align the juice filter with the juicer screw and push through to secure into place.

STEP 5: Place the pulp outlet onto the feeding chute, following the indicator guidelines. Rotate in an anticlockwise direction to lock into place.

STEP 6: Place the juice cup below the juice tap.

STEP 7: Place the pulp cup under the pulp outlet.

STEP 8: Position the top cover on top of the feeding chute.

Using the Slow Juicer

STEP 1: Position the juicer base unit onto a flat, stable surface, at a height that is comfortable for the user.

STEP 2: Wash the ingredients to be juiced and cut them down to size, if necessary.

STEP 3: Remove the pusher from the feeding chute.

STEP 4: Plug in and switch on the juicer at the mains power supply.

STEP 5: Move the power switch to the 'On' position to activate the juicer.

STEP 6: Add the prepared ingredients to the feeding chute and use the pusher to carefully push ingredients further into the chute. Juice and pulp will begin to be extracted into their respective cups.

STEP 7: Once the pulp and/or juice cup are close to being full, stop juicing. Turn off the juicer by moving the power switch to the 'Off' position and then switch off and unplug the juicer from the mains power supply.

STEP 8: Pour the juice from the juice cup into a separate jug and empty the pulp cup to avoid any blockages.

Note: The juicer will not operate when the pulp cup and top cover

are incorrectly fitted.

Caution: Do not juice for long periods of time. Max. operation time is 5 minutes; allow the juicer to cool for 15 minutes before using it again. For best results, after 1 minute of continuous operation, stop for 1 minute before continuing use.

Warning: damage the juicer.

Using Reverse Mode (R)

Juicer screw reverse mode (R) can be used to reverse any blockages that occur during the juicing process.

STEP 1: Turn off the slow juicer by moving the power switch to the 'Off' position.

STEP 2: Wait for the juicer screw to stop rotating. Select reverse mode ('R') by pressing and holding the power switch until the blockage is cleared.

Note: Make sure the power switch is at the 'Off' position before activating reverse mode. Failure to do so will result in this mode not working.

Disassembling the Slow Juicer

It is recommended to briefly rinse the juicer before it is disassembled.

STEP 1: Switch off and unplug the juicer from the mains power supply.

STEP 2: Pour the juice from the juice cup into a separate jug and empty the pulp cup.

STEP 3: Remove the pusher from the feeding chute and then pour 50 ml of warm, soapy water down the chute. Fit the pusher back into the feeding chute.

STEP 4: Plug in and switch on the juicer at the mains power supply and move the power switch to the 'On' position for approx. 15 seconds. Then switch off the juicer and unplug from the mains power supply.

STEP 5: Remove the top cover and rotate the pulp outlet in a clockwise direction to detach it. Gently pull away the juice filter and juicer screw for cleaning.

STEP 6: Push the locking catch inwards and twist the feeding chute in an anticlockwise direction to remove from the juicer base unit.

Storage

Check that the juicer is cool, clean and dry before storing in a cool, dry place.

Never wrap the cord tightly around the juicer; wrap it loosely to avoid causing damage.

Troubleshooting

Problem	Cause	Solution
The juicer will not operate even though it is switched on at the mains power supply.	The feeding chute is not properly fitted.	Check that the feeding chute is correctly attached to the juicer base unit.
The juicer stops and starts whilst in operation.	Food is being pushed down the feeding chute too quickly. The max. operation time has been exceeded. The ingredients being added to the feeding chute are too large. The ingredients being added to the feeding chute are too hard.	Push the ingredients down the feeding chute slowly and allow them to be juiced before adding more. Do not exceed the max. operation time. Allow the juicer to cool for approx. 15 minutes before using again. Chop the ingredients into smaller chunks and add to the feeding chute slowly. Remove any stones and hard skins from fruits and vegetables before juicing.
The juicer is not producing much juice and the pulp appears too wet.	The juice filter is blocked.	Switch off and unplug the juicer, remove the juice filter and then clean it, following the instructions in the section entitled 'Care and Maintenance'.

Specifications

Product code: EK4573P

Operating voltage: 220–240 V ~ 50/60 Hz

Power: 150 W

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DELICIOUS HEALTHY JUICES

Recipe ideas



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Vegetable Juice

Serves 1

Ingredients

4 tomatoes	1 celery stick
2 red peppers	3 tbsp citrus juice

Method

Select speed setting II.

Place the peppers, tomatoes and celery stick into the feeding chute, using the plunger to slowly move the ingredients further down.

Add 3 tbsp citrus juice to bring out the flavours.

Home-made Lemonade

Serves 2

Ingredients

3–4 lemons, for juicing	10 g agave nectar	Sprigs fresh mint, to serve
Peeled rind of 2 unwaxed lemons	Small handful fresh mint, leaves stripped	Lemon wedges, to serve

Method

Put the lemon rind, mint leaves, agave nectar and 100 ml water in a saucepan and bring to the boil. Stir until the agave nectar has dissolved.

Simmer for 5 minutes, then remove from the heat and leave to cool completely. Once cool, strain into a flask, jug or bottle.

Juice 3–4 lemons using the Slow Juicer using speed setting I.

Combine the lemon juice and 400 ml water to the jug and chill until ready to serve.

Decorate with mint sprigs and lemon wedges.

Spiced Celery Juice

Serves 1

Prep time 5 minutes

Ingredients

2 celery sticks	1 pear, deseeded	Pinch turmeric
2 handfuls chopped kale	Small handful fresh parsley	

Method

Place the pear, celery, kale and parsley into the feeding chute, using the plunger to slowly move the ingredients further down.

Add a couple of tablespoons water to thin the juice if needed. Serve immediately.

Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

FOR UK USE ONLY – Plug fitting details
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\perp).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

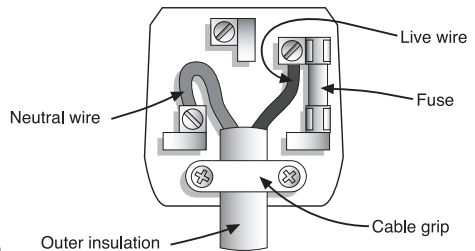
If in doubt, consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



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If this product does not reach you in an acceptable condition please contact our Customer Services Department at **www.progresscookshop.com**.

Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



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*To be eligible for the extended guarantee,
go to **www.progresscookshop.com** and register
your product within 30 days of purchase.

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