

Victorio

*Multi-Use*

# Steam Juicer

VKPI140



Instruction Manual

## Table of Contents

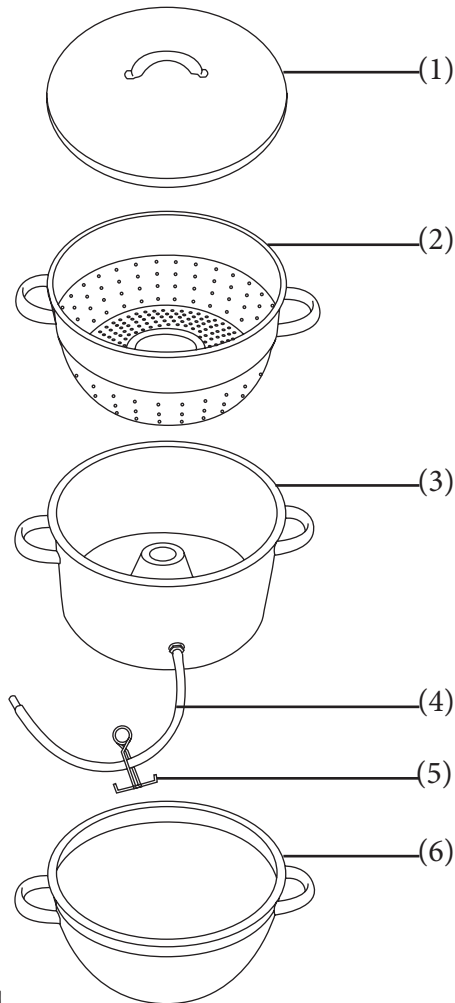
Parts Diagram.....	1
Operating Precautions.....	2
Product Overview.....	2
Care Instructions.....	3
Assembly and Use Instructions .....	3
Tips & Tricks .....	5
Preparing Food for Juicing.....	6
Preparing Specific Fruit Types.....	6
Recipes .....	7
Juice Preservation.....	12
Warranty/Contact Info .....	Back Cover

\*For the most up-to-date manual, or for more information regarding this product, visit our website: **[www.Victorio.info](http://www.Victorio.info)**.

# Victorio Multi-Use Steam Juicer Model VKP1140

## Parts Diagram:

Your complete Steam Juicer includes everything shown below:



## Parts List:

- (1) VKP1140-1 - Lid
- (2) VKP1140-2 - Colander
- (3) VKP1140-3 - Juice Kettle
- (4) VKP1140-6 - Hose with Metal Tip
- (5) VKP1140-5 - Spring Clamp
- (6) VKP1140-10 - Stock Pot

All replacement parts are available on our website, [www.Victorio.info](http://www.Victorio.info).

## Operating Precautions

**TO PREVENT PERSONAL INJURY AND TO PREVENT DAMAGE TO YOUR STEAM JUICER, PLEASE READ AND FOLLOW ALL OF THE FOLLOWING INSTRUCTIONS AND WARNINGS:**

- Always use heat protective gloves or mitts when handling any part of your juicer.
- When removing lid from steam juicer, be sure to always tilt it away from you to avoid steam burns.
- Any steam produced will be hot and can cause a serious burn injury. Use extreme caution while using your juicer.
- Check the stock pot water level often. **Do not let the stock pot boil dry.** This will cause serious damage and warping to your juicer and may render it unusable. Your stove top could also be damaged if this happens.
- Never leave your steam juicer unattended while in use.
- Do not use by or near children.
- For household use only.

## Product Overview

Congratulations on your purchase of the Victorio Steam Juicer! In addition to helping you create healthy juices, jellies and syrups, you'll find a multitude of other uses for this handy tool.

This manual includes instructions for assembling your steam juicer, how to use your steam juicer for preparing fruits, vegetables, meats, shellfish, etc. It also includes a recipe section.

The procedure for steam juicing with your Victorio Steam Juicer is relatively simple and straightforward. Fill the stock pot with water; place the juice kettle on top of the stock pot, and colander on top of the juice kettle. Fill the colander with the high quality food of your choice and cover with the lid. As the water boils, hot steam will rise up through the colander heating the food and juice extraction will begin. The extracted juice will be collected in the juice kettle where the spring clamp will be used to open the hose, emptying the juice into a pan of your choice. You can then store the juice using USDA tested home-canning methods, or turn the juice into jams, jellies, syrups, gravies, and more.

## **Care Instructions**

Use a soft cloth and warm, soapy water to wash your Victorio Steam Juicer by hand before the initial use. This will help to remove any particles or residue from the factory. Then follow these simple care instructions for keeping your steam juicer clean and looking new:

- Before first use, fill the Juice Kettle with water to test the hose. If water does not freely flow, turn the metal tubing inside the kettle slightly to one side.
- However you choose to wash your juicer, be sure to use a soft cloth to avoid scratching the shiny surface of the stainless steel.
- For a hassle-free cleaning, the entire juicer may be placed in your dishwasher, including the juicer hose, as it is made of a high temperature silicone.
- If hard water stains form on any portion of your steam juicer, they are easily cleaned by soaking the affected portion in a diluted vinegar solution. Use ½ c. vinegar to 1 qt. of water, let soak for 30-60 minutes, use a dish cloth to wash off any remaining hard water, rinse and dry. You may need to increase the soak time and/or the amount of vinegar used for tough stains.
- Once clean, dry juicer with a soft dish towel to keep water spots from forming.

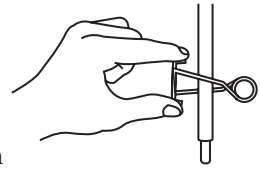
## **Assembly & Use Instructions**

**Make sure you have read through the sections - Operating Precautions (p. 2) and Preparing Food For Juicing (p. 6) - before assembling and using your juicer.**

### **Juicer Assembly & Use:**

1. Remove your new Victorio Steam Juicer from the box and packaging and check that all items are included and in good condition. Refer to the diagram on p. 1 for a list of all parts.
2. Wash all parts of the juicer thoroughly by hand, including the hose and clamp, in warm soapy water, and rinse carefully.
3. Once clean, take the stock pot and fill it with 5 quarts of fresh water and place it on your stove top.
4. Next, place the juice kettle on top of the stock pot so the juice hose can fall lower than the juice kettle. If the hose is raised too high, the juice will not drain properly.

5. Squeeze the clamp and slide it to the center of the hose. (See diagram at right).



6. Then, place the colander on top of the juice kettle and fill to top with previously prepared food. (Refer to p. 6 for proper food preparation methods and amounts). Make sure the food does not overflow the colander.

7. Put the lid on top of the colander, making sure it fits securely in place. If it does not, you may need to remove any excess food.

8. After correctly assembling your juicer, turn on the burner unit to the High position. **Be sure to always use heat protective gloves or mitts while working with your juicer. The steam is very hot and will burn you.**

9. Once the water has come to a rapid boil, begin turning down your burner temperature until the water remains at a consistent rolling boil that is not too vigorous. Depending on your stove, this will be anywhere between medium-high to high heat.

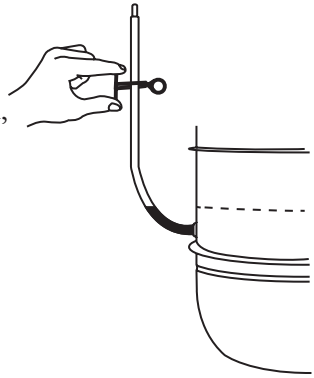
10. **Do not let the stock pot boil dry. Check the water level often and add more water as needed. Do not leave your steam juicer unattended while it is in use.**

11. You will need a saucepot ready for the juice to drain into. Place it slightly below the juicer so the juice hose hangs down into the pot by 3-4 inches. (See diagram at right). It takes approximately 1 hour before there is enough juice in the juice kettle to drain.



12. It will take approximately 2-3 hours for one batch of food to go through the entire juicing process. However, times may vary depending upon your burner temperature, altitude and the type of food you use. **Stirring the food is not recommended as that will result in cloudy juice.** For a clean, clear-looking juice it is best to leave the food untouched during the juicing process.

13. You can check for juice one of two ways: First, carefully squeeze open the hose clamp and juice will automatically begin draining into the saucepot if there is enough. Second, lift the juice hose straight up by holding onto the clamp. **Do not touch the hose as it will be very hot.** If you do not see any juice in the hose, then there is not enough juice in your juice kettle to be measured, using this method. (See diagram at right).



14. If you will be juicing several consecutive batches of fruit be sure to juice one colander full at a time and remove waste before adding another batch for optimal performance. Be sure you do not wait too long before draining the juice kettle, as the juice could overflow into the stock pot below.

## Tips & Tricks

- To keep the stock pot from boiling dry, add a few marbles to it with the water. If sound of the marbles slows or stops, you need to add more water.
- Add the colander directly to the stock pot and you have a steamer/ blancher. This combination will allow you to steam blanch your green beans for freezing, steam a batch of tamales, holiday puddings, or seafood for dinner.
- **Don't dispose of the pulp when steam juicing fruits.** Make sauces or butters. Run the juiced fruit pulp through your Victorio Food Strainer (sold separately) and then either consume, can, freeze or dehydrate. For example, quarter and steam juice your apples. Run the juiced apples through your Victorio Food Strainer (sold separately) and you now have applesauce!
- **Don't dispose of the pulp when steam juicing fruits.** Make fruit leather. Puree the leftover pulp through your Victorio Food Strainer (sold separately) and pour onto the fruit leather trays of your Victorio Electric Food Dehydrator (sold separately).
- Juice fruit when fresh and can it right way. Then make your jellies from the canned juice during the slower and cooler months.

## Preparing Food for Juicing - General

Select fruits and vegetables which are ripe, firm, have a good color and texture, and are of ideal quality for eating fresh or cooking. Any fruit or vegetable which has mold, is bruised, split or has otherwise been compromised should be discarded, or the damaged section cut away.

**Using fruits or vegetables which are overripe will cause your juice to have a watery flavor.**

Quartering larger fruit, like apples and peaches, can help to accelerate the overall juicing process because it allows the fruit to release its liquid more quickly. For fruit or vegetables with stems, thicker rinds and pits that would not normally be consumed when eating fresh, you will need to remove these portions beforehand, otherwise you may end up with bitter or unwanted flavors in your juice.

The best cuts of meat for your Victorio Steam Juicer are cuts for braising. Beef examples are chuck, brisket, flank steak, etc. Pork examples are ribs, shoulder, smoked hocks, etc. Whole or bone-in poultry are also great steam juicing options.

## Preparing Specific Fruit Types

- **Berries & Grapes** – To prepare this type of fruit, you will need to remove all stems and discard any damaged fruit. Wash the fruit thoroughly, then place in the colander of the steam juicer.
- **Fruits with Cores** – These are fruits containing a core like apples and pears. Once the fruit has been washed and checked for blemishes, you will need to remove the stems, cut into quarters, and place in the colander of the steam juicer. There is no need to remove cores and seeds from this type of fruit.
- **Stone Fruit** - When preparing fruit that has stones like peaches, plums, apricots, nectarines, etc, you should remove the stones before juicing. Once the produce has been washed and checked for blemishes, you will need to remove the stone. Cut fruit into halves or quarters, depending on size, and place in the colander portion of the steam juicer.

If you are juicing any fruit or vegetables which don't fall within these three categories, then the main thing to remember is if there are portions you would not normally consume while eating the fruit or vegetable, then do not put them in the juicer. This could result in the finished juice having an undesirable flavor.



## Recipes

All recipes were taken from USDA approved sources: USDA's *Complete Guide to Home Canning*, the University of Georgia's *So Easy to Preserve*, and Ball's *Blue Book, Guide to Preserving*. While some of the wording has been changed to adapt them for use with your Victorio Steam Juicer, the ingredient amounts are the same.

If you are looking to preserve your recipes via home canning, please visit the National Center for Home Food Preservation (<http://nchfp.uga.edu/>) for the most current research-based recommendations for home food preservation.

### Apple Juice

**Quantity:** For a canner load of 7 quarts, you will need about 28-30 pounds of apples. Approximately 4 pounds of fruit yield 1 quart (4 cups) of juice.

**Quality:** Good quality apple juice is made from a blend of varieties. For best results, use apples that are firm, have a good color, and are at the peak of their sweetness. Overripe fruit of any kind will result in watery juice.

\*This recipe has been adapted from the apple juice recipe in the USDA's *Complete Guide to Home Canning*, section 2-6

### Grape Juice

**Quantity:** An average of 24-1/2 pounds of grapes are needed per canner load of 7 quarts; an average of 16 pounds per canner load of 9 pints. A lug weighs 26 pounds and yields 7-9 quarts of juice – an average of 3-1/2 pounds per quart.

**Quality:** Select sweet, well-colored, firm, mature fruit of ideal quality for eating fresh or cooking.

\*This recipe has been adapted from the grape juice recipe in the USDA's *Complete Guide to Home Canning*, section 2-15.

## Apple-Cinnamon Syrup

### **Ingredients:**

6 c. apple juice  
4 c. water  
3 sticks cinnamon, broken  
3 c. corn syrup  
5 c. sugar  
¼ c. lemon juice

Once you have finished juicing your apples (refer to page 3 for juicing instructions) measure 6 cups of juice into a medium saucepot, then add the cinnamon sticks. Simmer 5 minutes; set aside. Combine sugar and water in a medium saucepot; boil to 230° F (adjust for altitude). Add apple juice, cinnamon sticks and corn syrup to sugar syrup. Boil 5 minutes. Remove cinnamon sticks. Stir in lemon juice.

\*This recipe has been adapted from the apple-cinnamon syrup recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 82.

## Berry Syrup

### **Ingredients:**

5 c. Berry Juice  
6 ¾ c. Sugar

Once you have finished juicing the berries of your choice (refer to p. 3 for juicing instructions), measure 5 cups of juice into a large, heavy bottom saucepan. Combine the juice with 6-3/4 cups of sugar, bring to a boil, and simmer 1 minute, stirring occasionally.

\*This recipe has been adapted from the berry syrup recipe in the USDA's *Complete Guide to Home Canning*, section 2-10.

## **Blueberry Jelly**

**Yield:** 7-8 half-pint jars.

### **Ingredients:**

4 c. Blueberry Juice

7 ½ c. Sugar

2 Pouches Liquid Pectin

Once you have finished juicing your blueberries (refer to p. 3 for juicing instructions), measure 4 cups of juice into a large saucepot. Stir in sugar. Place on high heat; stir constantly and bring to a full rolling boil that cannot be stirred down. Add the liquid pectin and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; quickly skim off foam.

\*This recipe has been adapted from the blueberry jelly with liquid pectin recipe from The University of Georgia's *So Easy to Preserve*, p. 199.

## **Grape Jelly**

**Yield:** Approx. 5 half-pints

### **Ingredients:**

3 c. Grape Juice

1 Package Powdered Pectin

4 ½ c. Sugar

Once you have finished juicing your grapes (refer to p. 3 for juicing instructions), measure 4 cups of juice into a large saucepot. Add powdered pectin to juice and bring to a boil over high heat. Add sugar, stirring until dissolved. Return to a boil. Boil hard for 1 minute, stirring constantly. Remove from heat and quickly skim off foam.

\*This recipe has been adapted from the quick grape jelly recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 37.

## **Peach Jelly**

**Yield:** 5-6 half-pint jars.

### **Ingredients:**

3 c. Peach Juice

5 c. Sugar

½ c. Lemon Juice

1 Box Powdered Pectin

Once you have finished juicing your peaches (refer to p. 3 for juicing instructions), measure 3 cups of juice into a large saucepot. Measure sugar and set aside. Add powdered pectin and lemon juice to previously measured juice in saucepot. Bring to a full boil over high heat, stirring constantly. Immediately stir in sugar. Bring to a full rolling boil that cannot be stirred down. Boil hard for 1 minute, stirring constantly. Remove from heat and quickly skim off foam.

\*This recipe has been adapted from the peach jelly with powdered pectin recipe from The University of Georgia's *So Easy to Preserve*, p.202.

## **Tomato Garden Juice Blend**

**Yield:** approx. 14 pints

### **Ingredients:**

22 pounds tomatoes

¾ cup carrots

¾ cup celery

¾ cup green pepper

½ cup onion

¼ cup parsley

1 tbsp salt

Juice the vegetables all at once (refer to p. 3 for juicing instructions). Then, run the pulp through your Victorio Food Strainer. Add juice from steam juicer to the milled pulp, add salt to taste.

\*This recipe has been adapted from the tomato garden juice blend recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 23.

## **Beef Stock**

**Yield:** approx. 4 pints

### **Ingredients:**

4 pounds meaty beef bones  
1 medium onion  
1 carrot  
1 stalk celery  
1 bay leaf  
Salt and pepper to taste  
Beef bouillon cubes or granules (optional)

Place first five ingredients in the colander. Steam juice for 2 1/2 - 3 hours. If more flavor is desired, steam longer or add bouillon cubes or granules to stock. Allow to cool until fat solidifies; skim off fat. Add salt and pepper to taste.

\*This recipe has been adapted from beef stock recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 63.

## **Chicken Stock**

**Yield:** approx. 8 pints

### **Ingredients:**

1 chicken (3-4 pounds), bone-in, whole or cut up  
2 stalks celery  
2 medium onions  
10 peppercorns  
2 bay leaves  
1 tbsp salt

Place peppercorns and bay leaves in the stock pot with the water. Place chicken, celery and onions in the colander. Steam juice for 2 1/2 - 3 hours (refer to p.3 for juicing instructions). Reserve chicken for another use. Allow stock to cool until fat solidifies; skim off fat. Add salt to taste.

\*This recipe has been adapted from the chicken stock recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 63.

## Vegetable Stock

**Yield:** approx. 14 pints

### **Ingredients:**

1 pound carrots  
6 stalks celery  
3 medium onions  
2 sweet red peppers  
2 medium tomatoes  
2 medium turnips  
3 garlic cloves  
3 bay leaves  
1 tsp crushed thyme  
8 peppercorns

Place bay leaves, thyme and peppercorns in the stock pot with the water. Place remaining ingredients in the colander. Steam juice for 2-3 hours (refer to p.3 for juicing instructions). Discard vegetables and seasoning. Add salt to taste.

## Juice Preservation

Once the juicing process is complete you can consume the juice immediately or store in your refrigerator for up to 1 week. You can also preserve it by freezing or canning. Fruit juices may be canned in a water-bath canner, but all non-fruit juices must be canned in a pressure canner. Fruit juices can also be used to make syrups and jellies. Vegetable and meat juices can be used for soups, stocks, gravies, etc. The information in the following sections regarding freezing was taken from the University of Georgia's book, *So Easy to Preserve*, section on "Freezing," pp. 239-248.

**Preserving Juice by Freezing:** Freezing is one of the easiest, most convenient, and least time-consuming methods of preserving foods. Freezing does not sterilize foods; the extreme cold simply retards the growth of microorganisms and slows down the chemical changes that affect food quality or cause food to spoil. To maintain top quality, frozen fruits and vegetables should be stored at 0°F or lower. A freezer thermometer can help you determine the actual temperature of your freezer. Do not freeze fruits and vegetables in containers with a capacity over one-half gallon. Foods in larger containers freeze too slowly to result in a satisfactory product.

**Freezer Pointers:**

Freeze foods at 0°F or lower. To facilitate more rapid freezing, set the temperature control at -10°F or lower about 24 hours in advance.

Freeze foods as soon as they are packed and sealed.

Do not overload your freezer with unfrozen food. Add only the amount that will freeze within 24 hours, which is usually 2 to 3 pounds of food per cubic foot of storage space. Overloading slows down the freezing rate, and foods that freeze too slowly may lose quality.

Place packages (or containers) in contact with refrigerated surfaces in the coldest part of the freezer. Leave a little space between packages (or containers) so air can circulate freely. Then, when the food is frozen, store the packages (or containers) close together.

**Headspace for Liquid Packs:**

(Crushed or pureed fruit, or fruit juice)

Wide-Mouth Containers		Narrow or Regular Mouth Containers	
Pints	Quarts	Pints	Quarts
1/2 inch	1 inch	3/4 inch	1 1/2 inch

**Preserving Juice by Water-Bath (fruit juice) or Pressure Canning:**

For instructions on how to properly and safely use a water-bath or pressure canner, please consult the USDA's *Complete Guide to Home Canning*, "Guide 1, Principles of Home Canning." You can also find this information on the National Center for Home Food Preservation website at: <http://nchfp.uga.edu>. Click on 'Publications' link then on 'U.S. Department of Agriculture.'

## **Product Warranty**

Model VKP1140 - Multi-Use Steam Juicer: 5 years

We are confident in the quality of our products and back each one with a limited warranty for the length of time specified above. Should you experience any problems with your product, please contact our Customer Service Department.

All warranty claims must be accompanied by a proof of purchase and are only valid if the appliance has been operated within the U.S. or Canada and used for its intended purposes. These products are for household use only.

### **Items Not Covered:**

- Return shipping costs or returned items lost in transit.
- Damages to the product due to accident, misuse, abuse, negligence, or if the appliance has been altered in any way.
- Products used outside of the United States or Canada.

### **Victorio Kitchen Products**

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