



NECTAR[™] STEAM JUICER

— Stainless Steel —

Instruction Manual



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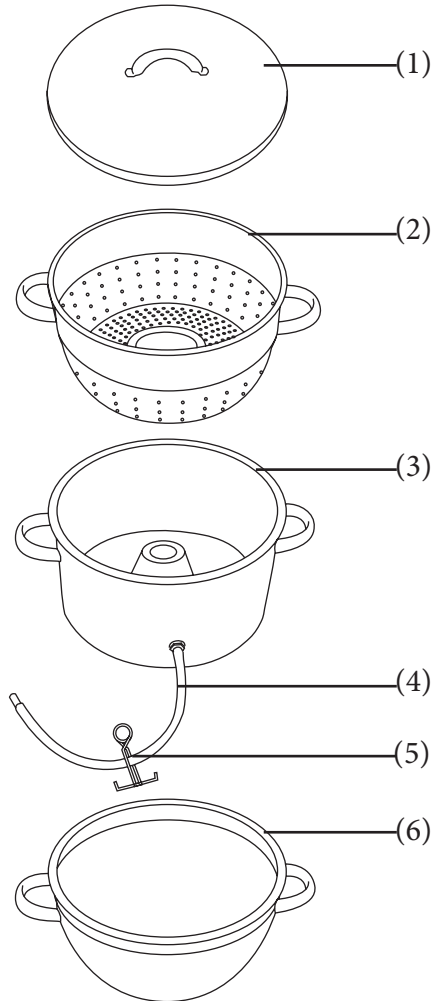
*For the most up-to-date manual, or for more information regarding this product, visit our website: **VKPbrands.com**

Nectar 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, VKPbrands.com.

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.
- Oven safe to 400°.
- Do not use by or near children.
- For household use only.

Product Overview

Congratulations on your purchase of the Nectar Steam Juicer! You will definitely find this to be a useful addition to your kitchen. It is a helpful tool in creating healthy juices, jellies and syrups right at home. As this steam juicer is multi-use, you'll be able to use the parts separately for preparing foods on a regular basis. This manual will give you step by step instructions to guide you through the whole process of using and caring for your juicer.

To give you a good idea of the basic procedure, you will start by washing and assembling your juicer and selecting good quality fruit. Next, fill the stock pot with water, and once the fruit is properly prepared, you will add it to the colander portion of the juicer. As the water boils, the hot steam will rise up through the colander, heat the fruit and begin the extraction process. The juice will drip down into the juice kettle, and in approximately one hour, you can start to drain fresh juice into a pot to be used for juice concentrates, jellies, syrups and more.

Care Instructions

Use a soft cloth and warm, soapy water to wash your Nectar 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 keep from scratching the shiny surface of the stainless steel.
- For a hassle-free clean, the entire juicer may be placed in your dishwasher, including the juicer hose, which is made of 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.

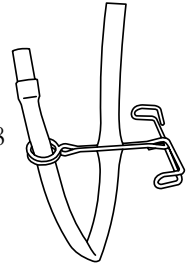
Assembly & Use Instructions

Make sure you have read through the sections - Operating Precautions (p. 4) and Preparing Fruit Types (p. 8) - before assembling and using your juicer.

Juicer Assembly & Use:

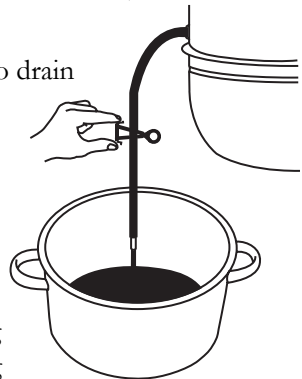
1. Remove your new Nectar Steam Juicer from the box and packaging and check that all items are there and in good condition. Refer to the diagram on p. 3 for a list of all parts.
2. Wash all parts of the juicer thoroughly by hand, including the hose and clamp, in warm soapy water, and rinse carefully.
3. Once clean, fill the stockpot 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. Position the clamp on the hose as shown in the diagram at the right.
6. Then, place the colander on top of the juice kettle and fill to top with previously prepared fruit. (Refer to p. 7-8 for proper fruit preparation methods and amounts). Make sure the fruit does not overflow the colander.



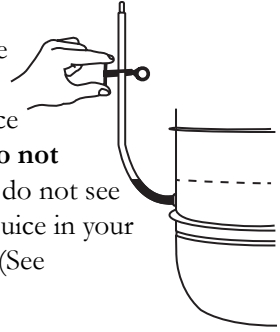
7. Put the lid on top of the colander, making sure it fits securely in place. If it does not, you may need to remove any excess fruit.
8. After correctly assembling your juicer, turn on the burner unit to the High position. **Be sure to always use heat protective gloves or mitts while working with your 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 fruit to go through the entire juicing process. However, times may vary depending upon your burner temperature, altitude and the type of fruit you use. Stirring the fruit is not recommended as that will result in cloudy juice. For a clean, clear-looking juice it is best to leave the fruit 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 batches of fruit in a row, 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 Food Strainer (sold separately) and then either consume, can, freeze or dehydrate.
- Juice fruit when fresh and can it right way. Then make your jellies from the canned juice during the slower and cooler months.

Preparing Fruit for Juicing - General

Select fruit that is of the appropriate ripeness for the recipe you will be using, is firm, has a good color and texture, and is of ideal quality for eating fresh or cooking. Any fruit that has mold, is bruised, split or has otherwise been compromised should be discarded, or the damaged section cut away.

Using fruit that is 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 with stems, thicker rinds and pits that would not normally be consumed when eating fresh, remove these portions

beforehand, otherwise you may end up with bitter or unwanted flavors in your juice.

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 that doesn'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 raw fruit, then do not put them in the juicer. This could result in the finished juice having an undesirable flavor.

Jar Sterilization

According to the USDA, all jams, jellies, juices and pickled products processed for less than 10 minutes in a water bath canner should be filled into sterile empty jars.

To sterilize empty jars after washing in soap and rinsing thoroughly, submerge them, right side up, in a boiling-water canner with the rack in the bottom. Fill the canner with enough warm water so it is 1 inch above the tops of the jars. Bring the water to a boil, and boil 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil 1 additional minute for each additional 1,000 ft of elevation. Reduce the heat under the canner, and keep the jars in the hot water until it is time to fill them. Remove and drain hot sterilized jars one at a time, saving the hot water in the canner for processing filled jars. Fill the sterilized jars with food, add lids, and tighten screw bands.

Juice Preservation

Once you have finished the juicing process, you can use your juice for several different things. You can consume it immediately and store the remaining amount in your refrigerator for up to 1 week. You can preserve it by freezing it in containers, or canning it in a water-bath canner. Or, you can use the juice for syrups and jellies (see recipe section on p. 10). The information in the following three sections 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.

Preserving Juice by Water-Bath Canning: For instructions on how to properly and safely use a water-bath 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.'

Recipes

These recipes are for fruit juices, syrups and jellies that can be made with the finished product from your steam juicer. 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 Nectar Steam Juicer, the ingredient amounts and processing times are the same. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

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.

Procedure: Once you have finished juicing your apples (refer to p. 5 for juicing instructions) measure the amount you would like to preserve and pour into a large, heavy bottom saucepan. Heat quickly, stirring occasionally until juice begins to boil. Fill immediately into hot, sterile quart jars, leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Then, process in a water-bath canner for 5 minutes. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

*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.

Procedure: Once you have finished juicing your grapes (refer to p. 5 for juicing instructions), measure the amount you would like to preserve and pour into a large, heavy bottom saucepan. Then sweeten to taste. Heat and stir until sugar is dissolved and juice begins to boil. Fill immediately into hot, sterile quart jars (refer to p. 8 for proper sterilization instructions), leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Then, process in a water-bath canner for 5 minutes. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

*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

Yield: About 6 pints.

Ingredients:

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

Procedure: Once you have finished juicing your apples (refer to page 5 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. Ladle hot syrup into sterile jars, (refer to p. 8 for proper sterilization instructions), leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Then, process in a water-bath canner for 10 minutes. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

*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

Yield: About 9 half-pints.

Ingredients:

5 c. Berry Juice

6 $\frac{3}{4}$ c. Sugar

Procedure: Once you have finished juicing the berries of your choice (refer to p. 5 for juicing instructions), measure 5 cups of juice into a large, heavy bottom saucepan. Combine the juice with 6 $\frac{3}{4}$ cups of sugar, bring to a boil, and simmer 1 minute, stirring occasionally. Remove from heat, skim off foam, and fill into sterile half-pint jars, (refer to p. 8 for proper sterilization instructions), leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Then, process in a water-bath canner for 10 minutes. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

*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 $\frac{1}{2}$ c. Sugar

2 Pouches Liquid Pectin

Procedure: Once you have finished juicing your blueberries (refer to p. 5 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. Pour jelly immediately into sterile half-pint jars, (refer to p. 8 for proper sterilization instructions), leaving $\frac{1}{4}$ -inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Then, process in a water-bath canner for 5 minutes. **(Please adjust time based on your altitude. If you are unsure of your**

altitude level, please contact your local Extension Office.)

*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

Procedure: Once you have finished juicing your grapes (refer to p. 5 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. Ladle jelly immediately into sterile half-pint jars, (refer to p. 8 for proper sterilization instructions), leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Process in a water-bath canner for 10 minutes. (**Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.**)

Peach Jelly

Yield: 5-6 half-pint jars.

Ingredients:

3 c. Peach Juice

5 c. Sugar

½ c. Lemon Juice

1 Box Powdered Pectin

Procedure: Once you have finished juicing your peaches (refer to p. 5 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. Ladle jelly immediately into sterile half-pint jars, (refer to p. 8 for proper sterilization instructions), leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Process in a water-bath canner for 5 minutes. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

*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.

Plum Jelly

Yield: 7-8 half-pint jars.

Ingredients:

5 ½ c. Plum Juice (about 5 pounds)

7 ½ c. Sugar

6 Tbsp. Powdered Pectin

Procedure: Once you have finished juicing your plums (refer to p. 5 for juicing instructions), measure 5 ½ cups of juice in a large stockpot. Combine pectin with juice and bring to a boil over high heat, stirring frequently. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard one minute, stirring constantly. Remove from heat. Skim foam if necessary. Ladle hot jelly into hot jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight ONLY. Process 10 minutes in a waterbath canner. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

*This recipe has been adapted from the plum jelly recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 36.

Pomegranate Jelly

Yield: 5-6 half-pint jars.

Ingredients:

3 ½ c. Pomegranate Juice (about 5 pounds)

5 c. Sugar

6 Tbsp. Powdered Pectin

Procedure: Once you have finished juicing your pomegranates (refer to p. 5 for juicing instructions), measure 3 ½ cups of juice in a large stockpot. Combine pectin with juice and bring to a boil over high heat, stirring frequently. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard one minute, stirring constantly. Remove from heat. Skim foam if necessary. Ladle hot jelly into hot jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight **ONLY**. Process 10 minutes in a waterbath canner. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local extension office.)**

*This recipe has been adapted from the pomegranate jelly recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 36.

Currant Jelly

Yield: 7-8 half-pint jars.

Ingredients:

5 c. currant juice (about 5 pounds)

7 c. Sugar

1 pouch liquid pectin

Procedure: Once you have finished juicing your currants (refer to p. 5 for juicing instructions), measure 5 cups of juice in a large stockpot. Combine sugar with juice and bring to a boil over high heat, stirring frequently. Add liquid pectin and return to a rolling boil. Boil hard one minute, stirring constantly. Remove from heat. Skim foam if necessary. Ladle hot jelly into hot jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and tighten rings finger-tip tight **ONLY**. Process 10 minutes in a waterbath canner. **(Please adjust time based on your altitude. If you are unsure of your altitude level, please contact your local Extension Office.)**

*This recipe has been adapted from the currant jelly recipe in Ball's *Blue Book, Guide to Preserving*, 100th Anniversary Edition, p. 35.

Product Warranty

Register your warranty online at:
VKPbrands.com/Warranty

Model VKP1140 - Nectar 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.

VKP™

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