

Atlas

Slow Juicer



USER MANUAL AND RECIPES

BIOCHEF

EN

ENGLISH 3

FR

FRANÇAIS 23

DE

DEUTSCH 43

ES

ESPAÑOL 65

The information in this manual is intended to help you to get the best results from your BioChef Atlas Slow Juicer. Please read and follow these instructions and safeguards prior to use.

Please keep your manual handy for future reference, warranty information and support details

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Safety Precautions

- ! Read all instructions.
- ! To protect against risk of electrical shock, do not put the body (motor) in water or any other liquid .
- ! Close supervision is necessary when any appliance is used by children.
- ! Unplug from electrical outlet when not in use and before disassembly for cleaning.
- ! Avoid contact with moving parts.
- ! Do not operate appliance with a damaged cord or plug.
- ! The use of attachments not recommended or sold by the manufacturer may cause damage and will void warranty.
- ! Do not let cord hang over edge of counter.
- ! Make sure the motor has stopped completely before disassembling.
- ! Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in the opening, use the provided food plunger to push it down or press the button into reverse mode. If ingredients are still lodged in the juicing drum, turn off and disassemble to remove remaining food. You may need to cut produce smaller, or feed ingredients slower into the chute to prevent this.

Parts and Accessories

EN



- 1 Hopper and Feeding Chute
- 2 Bowl (drum)
- 3 Motor Base

- 4 Spinning Basket
- 5 Fine & Coarse Strainers
- 6 Auger
- 7 Tamper

- 8 Silicone Cover
- 9 Pulp Container
- 10 Juice Container
- 11 Cleaning Brush

Assembly Instructions



Step 1

If a silicone cover is not already fitted, place one over spindle as shown.



Step 2

Ensure the yellow pulp plug at the base of the bowl has been inserted firmly into the outlet. Place the bowl onto the base.



Step 3

Place the desired strainer into the spinning basket and then place these into the bowl, aligning the triangle on the strainer with the triangle on the bowl.



Step 4

Insert auger into strainer/spinning basket. Wind clockwise until it is sitting firmly in the bowl.



Step 5

Align the open yellow triangles on the hopper and twist the hopper clockwise until the lock position.



Operating Instructions

Press the power switch into the ON position. Insert ingredients into the feeding chute individually. For best results add ingredients at an even, slow pace to ensure maximum extraction is achieved.

CHOOSE YOUR STRAINER



Fine Strainer

The holes of the fine strainer are smaller and produce a more pulp free juice. Use this strainer when making juice with hard fruits and vegetables or ingredients high in fibre.



Coarse Strainer

The bigger holes in the strainer produce thicker juice. Use this strainer for soft fruit such as strawberries, kiwi fruit, citrus and tomatoes.

REVERSE FUNCTION

If you notice any ingredients have become stuck or are refusing to move use the tamper to gently push ingredients downwards. The reverse switch is specifically for this reason. Press the reverse switch down for 3-5 seconds and repeat 2-3 times if necessary.

Once the auger has come to a complete stop press the forward switch to continue.

JUICE OUTLET CAP

Close the juice outlet cap to mix your juice inside your juicer. Open the juice outlet cap to dispense as required into the juice container.

CARING FOR THE SILICONE PULP PLUG

It is important to ensure that the pulp plug is always closed before juicing.

When you are cleaning the juicing drum (bowl) gently unplug the seal and rinse under water.

Replace the seal after cleaning so your juicer is ready to use next time.

SILICONE COVER

Ensure the silicone cover is fitted prior to use. It is another measure to ensure that the motor is sealed from any juice overspill.

Clean after use by removing it from the motor base.



My juicer does not operate when the switch is in the ON position

1. Make sure the power cord is properly secured into the power source and that the switch is turned to the 'ON' position.
2. Check that the hopper is assembled correctly.

PLEASE NOTE: If the hopper has not been securely locked in place with the arrows aligning, the appliance will not work for safety reasons. This is due to a magnetic safety strip located inside the hopper which must align with the matching magnetic strip inside the base.

3. Check the appliance has been assembled according to the instructions in this manual.

My juicer has stopped during operation

1. Reverse / REV to unwind any fibre that is caught around the auger.
2. If your juicer has stopped during operation, please check that the hopper is correctly aligned with the base. If the alignment shifts during operation the juicer will stop.
3. Turn your juicer off, reset the hopper and you should be able to continue.

PLEASE NOTE: The BioChef Atlas Slow Juicer has an automatic motor cut off safety feature that will activate if the juicer is overloaded. This has been designed to help prevent accidental damage and to help extend the life of the machine.

4. To reset your juicer take off the hopper lid and remove any ingredients in the juice bowl.

**The hopper
will not open**

The hopper opens in an anti-clockwise way. If the hopper will not open easily, try the following:

1. Allow your BioChef Atlas Slow Juicer to run without adding more ingredients before turning off and attempting to remove the hopper.
2. Switch your juicer into reverse for a few moments to help dislodge any remaining ingredients around the auger and feeding chute of the hopper.

PLEASE NOTE: The auger turns in a clockwise direction which is opposite of the hopper. This may cause an unintentional tightening of the hopper and result in difficulty releasing the hopper from the juicing bowl.

3. After you have fed the last ingredients into the hopper, let it run until all the juice and pulp has run through the machine. Pour one or two glasses of water down the hopper to flush out much of the left over pulp.
4. Lift off the entire juicing section before trying to separate.

**The bowl
shakes when
squeezing**

A slight shaking of the motor while in operation is completely normal. Variations beyond this depend on the fibre content of the ingredients. Hard or tough ingredients such as carrot and beetroots may cause the bowl to shake more than soft and juicy ingredients.

My juice is a little pulpy, how can I fix this?

1. Make sure the yellow silicone plug is fully inserted into its slot. This part is removable to assist with cleaning but is often not reinserted correctly. It acts as a pressure point to ensure that the pulp is ejected from the pulp tube.
2. The outlet can sometimes get blocked if ingredients are fed too quickly into the juicer. Please try slowing down the rate at which you insert produce into the juicer.
3. Try cutting ingredients into smaller pieces (3 to 5cm) so the vertical auger will be able to fully crush and process before the next ingredient is fed in.
4. Fresh and refrigerated ingredients will have firmer fibres and greater water content and will be less pulpy in constitution.
5. Over time, the silicone spinning basket blades may become blunt. Please contact the Customer Care Centre or website for ordering replacement parts.



FAQs

Do I need to refrigerate fruits and vegetables before juicing them?

Apart from tasting better when juiced, refrigerated fruits and vegetables will provide a higher yield of juice than room temperature produce. This is because the fibre in refrigerated produce is firmer when chilled and consequently provides more juice when crushed compared to softer or warmer fruits and vegetables, which may also be in a partial stage of dehydration (losing water content).

What's the best way to prepare fruits, vegetables and leafy greens for juicing in the BioChef Atlas?

VEGETABLES

We recommend preparing your vegetables by cutting them into pieces that will simply fall through the feeding chute without assistance.

FRUITS

We recommend preparing your fruits by cutting them into pieces that will simply fall through the feeding chute without assistance. We recommend removing skins from most citrus fruits although one third of the skin of lemons and limes may be left on.

LEAFY GREENS

Roll leaves into parcels and then fold them in half, ensuring that the parcels will simply fall through the feeding chute without assistance. You may notice with some leafy greens that they can cause the BioChef Atlas to clog. This can be remedied by adding a few pieces of carrot or other fibrous vegetables, which will help to push through the leafy green material. Also, wet leaves will not pass through the juicer as well as drier leaves, so when washing produce, pat dry with a kitchen towel before inserting into the BioChef Atlas. The vertical crushing and squeezing mechanism of the juicer means that the smaller you cut the pieces before you feed them into the shoot, the less likely that the fibres will become tangled around the internal mechanism. For best results cut your ingredient into 3 - 5cm pieces.

What are the best apples for juicing?

We find that fresh and chilled green apples are the best. Nutritionally, green apples contain various antioxidants, are a good source of vitamin C and are considered to be able to prevent the formation of gall stones in the bladder and help remedy liver and kidney disorders.

Do I need to peel citrus for juicing?

We recommend peeling the skin from mandarins, oranges and grapefruit prior to juicing as the skin has a bitter taste and this will transfer through to the juice. The skin of lemons and limes do not have this bitter flavour and as such can be juiced. Leave about one third of the skin of lemons and limes on.

What can I juice with a BioChef Atlas and what should I avoid?

The BioChef Atlas can juice just about all types of fruits and vegetables. It is not a food processor so do not place any of the following in the juicer:

- hard coconut fibre – soft, young flesh is ok
- seeds
- unsoaked/roasted nuts
- legumes
- sugar cane
- frozen ingredients
- fish or meat
- liquorice root or other woody materials
- dried herbs and spices
- stone fruit with stones in
- olives

Can I make soy, nut and rice milk?

Yes you can easily make nut milk using your juicer, simply refer to the Recipes section for instructions.

Can I grind seeds, grains or legumes with the BioChef Atlas?

No. The BioChef Atlas is not a grinder and using this machine as such will void the warranty.

Can the BioChef Atlas make cold press olive oil?

No. This is a different process to juicing and requires different machinery.

Can I re-juice the discarded pulp in order to get more juice?

The BioChef Atlas is very effective at extracting high yields but some users may put through the discarded pulp again to try and gain more juice yield. The results vary from different ingredients so feel free to experiment. Try mixing the pulp with blended fruits to make fruit roll ups. We recommend a BioChef food dehydrator for this.

Is the BioChef Atlas suitable for commercial environments?

We recommend the juicer does not run for more than 30 minutes at a time. Therefore, if using in a commercial environment we would advise operating two or three juicers intermittently. Please note that the BioChef Atlas Juicer does not have a commercial warranty and so use of the machine in a commercial setting is at the discretion of the owner. You could also make a larger quantity of a base juice such as carrot or orange and then add specific ingredients as listed on your menu.

How long can I keep the juice before the nutritional integrity has depleted?

There's no specific answer to this as there are too many variables based on the type of produce and storage method. When storing juice, refrigerate in a glass airtight jar or bottle for best results. This storage method will usually help retain the nutritional integrity of your juice for up to 48 hours.

Can I buy spare parts for my juicer?

Yes, simply contact your local service provider (details located in rear of manual) or order online on our website.

Cleaning

The BioChef Atlas parts are dishwasher-safe (top shelf). For best results, rinse prior to placing into the dishwasher to remove any stubborn fibres.

You can rinse your juicer easily after use by closing the juice outlet cap, and running water through the juicer. Simply open the juice outlet cap to flush the water through.

If hand-washing simply rinse under water, and use the cleaning brush to scrub any tough fibres. If you are in a hurry, simply leave the parts soaking in water so the fibres remain soft and pliable.

We recommend soaking your parts in a solution of bi-carb soda, water and white vinegar or lemon juice once per month or on occasion. This does a great job of removing any juice stains or residue that may build up over time.



Recipes

View our complete recipe collection online
www.biochefkitchen.com/recipes



JUICES

Green Juice

Servings: 4

- 1 small bunch curly kale roughly chopped
- 1 lemon peeled and quartered
- 1 inch ginger peeled
- 1 cucumber cut into long strips
- 2 granny smith apples cored and sliced
- 4 celery stalks

Green juices are rich in chlorophyll in its natural state – the way nature intended.

One of chlorophyll's most important functions is the oxygenation of the bloodstream. It is necessary for health to select foods that feed rather than rob the body of oxygen.

Without sufficient oxygen in the blood, we are prone to develop symptoms of low energy, sluggish digestion and metabolism, leading to deterioration in vitality and an increase in the onset of disease.

The addition of limes and apples to green juices greatly assist to make juices more tolerable to the palate.

Ginger Zinger

Servings: 3

- 2 medium apples
- 5 carrots
- ½ inch fresh ginger
- ¼ lemon (peel removed to avoid bitterness)

Pineapple Pick-Me-Up

Servings: 4

- 3 medium carrots
- ½ small, ripened pineapple (peeled, cored, and cut in quarters)
- 1 orange (peel removed)

Immune Booster

Servings: 1 cup

- 1-3 cloves of garlic
- 1 inch fresh ginger
- 1 bunch of rainbow carrots (can substitute for any carrots), tops removed

This healing juice is a great remedy for that cold that just won't go away. Carrots are a good source of vitamin C, vitamin B complex, potassium, iron and sodium which all work to boost the immune system and improve liver function. Raw garlic is a natural anti-microbial anti-inflammatory and powerful tool for boosting the immune system.

Mocktail Mojito

Servings: 3

- 1 small bunch mint
- 1 small bunch parsley
- 1 lime (peel removed)
- 1½ inch fresh ginger
- 2 cucumbers
- 1 green apple

Savoury Gazpacho

Servings: 1 - 2

- 4 ripened plum tomatoes
- 1 large cucumber
- 2 stalks celery
- 1 red bell pepper
- ¼ small red onion
- 2 cups fresh parsley (leaves and stems roughly chopped and packed)
- 1 lime (peel removed)

Tomatoes are a great alkaliser when consumed without sugars or starches. Beetroot is a great blood builder. Celery improves digestion. Red Capsicum is good for skin, hair and nails. Cucumber is a natural diuretic. Parsley is high in minerals including potassium.

SWEET TREATS

What a wonderful way to use excess fruit by freezing and making delicious ice creams and sorbet style desserts. Freeze fruit without skins, stones or seeds and cut into pieces that fit into the feeding chute. Remove frozen fruit from the freezer 5-10 minutes before you plan to use them so the hard ice crystals have melted. Mixing frozen banana with other fruits will give a creamy consistency.

Coco Mango Icecream

- 2 frozen mangos
- 2 frozen bananas
- ½ cup fresh coconut flesh cut into pieces
- ½ cup frozen pitted dates

Alternate all ingredients into the feeding chute and mix well. You may refreeze this nutritious, delicious treat.

Blueberry Spider

- 3 oranges (peeled)
- ¾ cup frozen blueberries
- ½ frozen banana

Juice the oranges and fill 2 glasses, then make a blueberry-banana ice cream by letting the frozen fruit run through the machine. Take 2 ice cream scoops and place them gently into the orange juice and serve immediately.

Maca Fruit Icecream

- 2 cups frozen fruit such as strawberry, mango or pineapple
- 3 frozen bananas
- ½ cup soaked and drained macadamias
- 1 tsp natural vanilla essence

Alternate the fruit, bananas and macadamias. Quickly stir in the vanilla and enjoy.

OTHER RECIPES

Soy, Rice & Nut Milks

Soak soybeans, rice and/or nuts in filtered water for a minimum of 8 hours, water should cover them completely. Rinse thoroughly until water runs clear and drain.

Feed the mixture into the chute simultaneously with the same volume of filtered water. We recommend using the fine strainer for smoothest results. For creamier results use less water, or for a thinner milk, increase the amount of water. This works best using a large spoon and scooping the mixture from a container.

Keep the juice outlet cap closed to pre-mix the milk. To reduce sediment, place a sieve over the collection bowl or strain through a muslin cloth.

If using soybeans, the resulting mixture can be used to make tofu.

For flavoured milks, try the following ideas:

- add berries, banana and other fruits
- add a small amount of salt and/or sweetener eg; raw honey or maple syrup
- add vanilla and a pinch of cumin, nutmeg, cinnamon or cardamom.

Tofu Recipe

- Add a small amount of salt to soy juice if you haven't already and boil while stirring continuously.
- Add the curdling agent (coagulant) to the boiled soy juice and let stand for 4-5 minutes while it curdles.
- Remove the excess water by squeezing it with clean, food-grade muslin.

BIOCHEF ATLAS SLOW JUICER WARRANTY

WARRANTY PERIOD: DOMESTIC – LIFETIME ON MOTOR & 5 YEARS ON PARTS

VITALITY 4 LIFE IS THE GLOBAL DISTRIBUTOR AND WARRANTY PROVIDER OF BIOCHEF. WARRANTY REGISTRATION AND CLAIMS ARE HANDLED BY YOUR LOCAL VITALITY 4 LIFE SUPPORT CENTRE, DETAILS ON INSIDE BACK COVER.

PLEASE REGISTER YOUR WARRANTY ONLINE AT WWW.BIOCHEFKITCHEN.COM/REGISTER-YOUR-PRODUCT WITHIN 30 DAYS OF PURCHASE.

LOGGING A WARRANTY CLAIM

Should you experience any issues with your product, please follow these steps to lodge a warranty claim:

1. Contact your local Vitality 4 Life Service Centre with the following details:
 - Your warranty details including name, email and phone number
 - Product name and model number
 - Product serial number, found on the rating label of the product
 - Explanation of how the damage occurred
 - Photos of the damage or issue is highly beneficial to expediting your claim
2. Vitality 4 Life will assess your claim and respond within 24-48 hours.
3. In the event the product is required to be sent to the Service Centre, the customer is liable for all packing, freight and insurance costs for transit of the product to Vitality 4 Life. Subject to the applicable consumer laws in your jurisdiction.
4. If the product, or one of its parts, qualifies for replacement or service within the 30-Day period after date of purchase, Vitality 4 Life will arrange the shipping at no cost to you.
5. Any product sent to a Vitality 4 Life Service Centre must include a Return Authorization Form. Failure to include this form may result in the product being rejected from our warehouse or a delayed service time.
6. Vitality 4 Life will contact you with a quote prior to undertaking any service work outside of the warranty coverage.
7. Typical turn-around times to address warranty claims can be between 10-14 business days, plus shipping, depending on location and type of damage or warranty claim.

TERMS OF PRODUCT WARRANTY COVERAGE

Vitality 4 Life provides the Product Warranty coverage as further described below and limited to the terms and conditions hereof:

1. If the BioChef Product exhibits a defect while in normal domestic use, within the warranty period; we will, at our option, either repair or replace the BioChef Product or defective part free of charge. The product must be delivered by insured mail, in proper packaging to your Service Centre as indicated on the back of the manual as a condition to any warranty service obligation.
2. In the event that the warranty period for a product has expired, or if a Product does not qualify for warranty service, repair or replacement, consumers may still buy

replacement parts or have products repaired by one of Vitality 4 Life's Service Centres. Please contact Vitality 4 Life for further information.

3. Do not send the product back to the Service Centre without a Return Authorization Form.
4. In no event shall our liability exceed the retail value of the product. We make no warranty with respect to parts, from a source other than Vitality 4 Life.
5. In the event that warranty parts or products are provided, the customer must cover the related shipping costs to receive goods.
6. All exchanged or substitute parts and products replaced under warranty service will become the property of Vitality 4 Life. Repaired or replaced products or parts thereof will be warranted by Vitality 4 Life for the balance of the original warranty period.
7. (Australia only) Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

WARRANTY DOES NOT COVER

1. Damage, accidental or otherwise, to the Product, not caused by direct defect in factory workmanship or materials.
2. Damage due to abuse, mishandling, alteration, misuse, commercial service, tampering, accident, failure to follow care, operating and handling provisions indicated in the instructions.
3. Damage caused by parts or service not authorized or performed by Vitality 4 Life.
4. 'Normal' wear and tear that naturally and inevitably occurs as a result of normal use or aging.
5. Some states do not allow the exclusion or limitation of incidental or consequential damages. Therefore, the above limitations may not apply to you in the case of damage in shipment. If your BioChef Product was damaged in shipment: Immediately report this type of damage to the parcel carrier and have them file an inspection report to contact the distributor from whom you purchased the BioChef Product for further instructions.
6. You have rights and benefits under the consumer laws in your jurisdiction. Without detracting from these rights or benefits, Vitality 4 Life excludes all liability in respect of this product for any other loss which is not reasonably foreseeable from a failure of this product, which may include liability for negligence, loss of expenditure associated with the product and loss of enjoyment.

Support & Service Centres

Contact your local distributor for warranty & service

Vitality 4 Life – Australia & New Zealand

Email: support@vitality4life.com

Website: www.vitality4life.com.au

Vitality 4 Life – United Kingdom

Email: support@vitality4life.co.uk

Website: www.vitality4life.co.uk

Vitality 4 Life - United States

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