

**BiOCHEF**

LIVING · FOOD · KITCHEN

# Vega

## OIL PRESS



# THE BIOCHEF STORY

Vitality 4 Life was founded over 20+ years ago, based on our belief in the incredible healing power of living food, living juice, pure water, fresh air and sunshine.

Vitality 4 Life houses some of the very best healthy home products from leading global brands and our selection criteria has always remained the same over the years; the product must offer the customer superior value and quality, must deliver genuine health benefits and must be made in a way that recognises the scarcity of the Planet's resources.

BioChef is Vitality 4 Life's very own range of healthy kitchen products, developed and designed based on these same core values. BioChef is the entity of what we believe in as a company at Vitality 4 Life, it is who we are. The BioChef brand is very exciting for Vitality 4 Life, in that after so many years in the industry, working with our customers and sourcing products, we now have a product range that we regard as the finest in the world.

- Products that offer superior value in terms of quality and longevity
- Products that genuinely make our customers feel better from the inside, out
- Through long warranties and superior workmanship, minimise our impact on the planet.

## **A Healthy Choice**

The BioChef range also includes food dehydrators, slow (cold press) juicers and high performance blenders - products that constitute what we call a "living food kitchen". These products are primarily designed to make healthy eating uncomplicated and exciting, just as it should be. BioChef is about sharing the power of raw foods and living juices with people all across the world.

Become part of the BioChef community today and begin to enjoy the benefits of a healthier way of life.

## **LIVING • FOOD • KITCHEN**

---

The information within this manual is intended to help you get the best results from your BioChef Oil Press. Please read this booklet carefully and don't hesitate to contact Vitality 4 Life if you have any questions.

# Contents

	PG
<b>SAFETY PRECAUTIONS AND INSTRUCTIONS</b>	<b>6</b>
<b>SPECIFICATIONS</b>	<b>7</b>
<b>PARTS AND ACCESSORIES</b>	<b>8</b>
<b>USING YOUR OIL PRESS</b>	<b>10</b>
<b>TROUBLE SHOOTING</b>	<b>13</b>
<b>NUTRITIONAL BENEFITS</b>	<b>14</b>
<b>WARRANTY</b>	<b>18</b>

## SAFETY PRECAUTIONS AND INSTRUCTIONS

Read ALL of these instructions thoroughly before using your Oil Press.

1. Save these instructions for future reference;
2. Examine the carton and the unit for any damage that may have occurred during shipping. Contact your point of sale to report any damage;
3. Never leave your Oil Press unattended;
4. Close supervision is required if the unit will be used around children;
5. Only for use indoors in a clean, dry location, free of flammable objects;
6. Do not move the Oil Press while in operation;
7. Continuous operation above 68°C (155° F) is not recommended, as the external surface will become very hot;
8. This unit may scratch household bench surfaces;
9. Do not use if the power cord or controls have been damaged in any way;
10. Do not use sharp utensils inside the unit;
11. Turn off the Oil Press before plugging or unplugging from an electrical outlet;
12. Leave the Oil Press unplugged when not in use;
13. The use of attachments or accessories not provided with the dehydrator is not recommended and will void the warranty;
14. Never immerse the Oil Press or power cord in water or any other liquids;
15. Never plug the Oil Press into a damaged electrical outlet;
16. Do not allow the cord to contact the sharp edge of a counter, table or any hot surface;
17. **IMPORTANT** Allow the Oil Press to cool completely before cleaning.



## BIOCHEF VEGA OIL PRESS SPECIFICATIONS

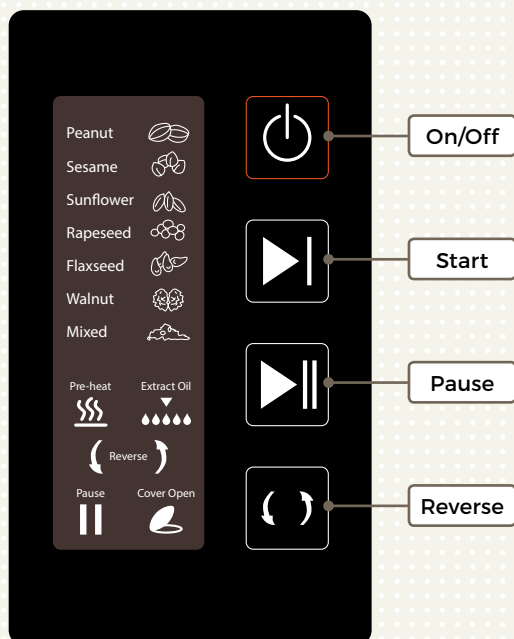
<b>Dimensions:</b>	L 30cm x W 16cm x H 24cm
<b>Voltage:</b>	AC 220V/110V, 50/60Hz
<b>Rated Power:</b>	510W
<b>Squeezing Mode:</b>	Expeller Press
<b>Temperature Control:</b>	Controlled by temperature sensor, protected by temperature fuse

## Parts and Accessories



# Using your Oil Press

1. Open the hopper and pour in ingredients  
(See **PREPARATION OF INGREDIENTS** below)
2. Close hopper lid. For safety reasons, the Oil Press will not operate when lid is open.
3. Press the ON/OFF button. The PRE-HEAT icon will light up and will reach optimal pressing temperature in 30 seconds to one minute depending on the programme selected.
4. Press the START button to select the desired ingredient setting.
5. The auger will start turning and oil will begin to be separated.
6. If there is no ingredients in the hopper, the Oil Press will stop after a minute, and power off after 5 minutes. You will need to press the ON/OFF power button to start again.
7. The Oil Press will automatically stop after 45 minutes of continuous use. After 30 minutes, you can continue use.



# Using your BioChef Vega Oil Press

## USING YOUR OIL PRESS

Extensive testing has been done of the following nuts and seeds:

Almond

Brazil

Cashew

Hazelnuts

Hemp Seeds

Linseed / Flaxseed

Macadamia

Peanut

Pinenut

Pistachio

Pumpkin

Sesame

Sunflower

Walnut

## PREPARATION OF INGREDIENTS

Oil will be most effectively pressed from nuts (in particular) if ingredients have been dried / dehydrated.

Drying times will vary due to the freshness of the produce, how they have been stored, external temperatures and so on.

We recommend the BioChef range of Food Dehydrators for this process.

Dehydrate on 50 degrees for between 2 and 4 hours. Alternatively, you can use a kitchen oven on low temperature for between 2 and 4 hours.

### **Ingredients dried optimally will:**

Move quickly through the oil press

Eject firm, crumbly pulp / residue

Produce oil into the collection container quite quickly. Generally, 200 grams of ingredients will take between 4 and 8 minutes to finish the process of producing oil.



### **Ingredients not dried optimally will:**

Clog in the feeding chamber

Oil will not separate correctly and will fall into pulp container

Pulp will fall into the oil container

Auger will clog and stop

To attempt to press oil from ingredients other than above, select the setting which is closest in texture.

## **SIZE OF INGREDIENTS**

The ideal size of ingredients should be no larger than a peanut. You will get even better results if nuts are crushed smaller than the size of a peanut. Crush nuts first, and then place in dehydrator (or oven).

## **USING THE OIL PRESS FOR THE FIRST TIME**

Use any of the above ingredients to run through the auger for the first time before use.

## **CLEANING**

Daily cleaning of the shaft can be done with a soft dry cloth or kitchen towel. For a thorough clean, use the supplied cleaning brush after soaking in warm soapy water. The two outlet lines for the oil to drip through needs to be cleared.

## **BENEFITS OF PRESSING YOUR OWN OIL**

Making your own oils using the expeller press method of the BioChef *Vega* Oil Press has many advantages with the most important being that you know exactly what is in the oil.

Expeller pressing is the method of extracting oil with a mechanical press rather than through a chemical extraction process. The expeller press is a screw type machine which presses the nuts and seeds through a barrel and creates friction and pressure to compress the ingredients. The oil falls through small openings while the pulp is expelled separately.

This results in a clean oil, higher in natural colours and flavours. The more expensive oils found in health food stores have probably been extracted by this method.

Solvent extraction is achieved through the grinding of nuts and seeds. The ground seed or cake is then washed with a petroleum distillate (the most common chemical used is hexane) which releases the oil in the seed. The solvent is then "flushed off" by heating the oil in a sealed chamber. The oil/solvent blend is next heated to 212° F (100° C) to distill off the solvent.

Refining is an optional step in nut oil production and is introduced to extend shelf life. Depending on the method and objective, it may include further steps of bleaching and deodorizing. Refined oils are often less flavourful but better suited for high temperature cooking.

Most nuts are high in polyunsaturated fats which makes them susceptible to oxidative damage so it's best to keep freshly pressed oil from your BioChef Oil Press in dark bottles in a cool place or in the fridge.

## **UNDERSTANDING SMOKE POINTS**

Oils with higher smoke points are generally lower in flavour. Low or no heat nut oils are typically reserved for salad dressings, dips, medicinal purposes; medium smoke points oils may be used for baking as a substitute for butter; high smoke point oils are suitable for cooking and frying.

## **CAN I MAKE OLIVE OIL WITH THE EXPELLER PRESS?**

The BioChef Vega Oil Press is a specialty appliance to extract fresh oil from a variety of nuts and seeds using expeller press technology. This method works by drying the nuts and seeds to remove water content and render the oil content more available for pressing. The BioChef Oil Press IS NOT suitable for extracting Olive Oil as this is done in an entirely different way. To make Olive Oil, olives are crushed into a pulp under hydraulic pressure, after which the water and oil liquid is separated by percolation or centrifuge.

# Trouble Shooting

SYMPTOM	PROBABLE CAUSE	REMEDY
<b>Screw shaft stuck</b>	Ingredients too moist	Press Reverse to wind back ingredients. Dry ingredients more.
	Ingredients too large	Press Reverse to wind back ingredients. Remove any ingredients from the hopper and chop into smaller sizes.
<b>Ingredients jammed</b>	Ingredients jammed tight and not clearing with reverse	Wait for Oil Press to cool down and remove the pressing shaft using the supplied tool.
<b>Motor stops rotating and squeezing</b>	Hopper not closed	Make sure the hopper lid is firmly in place
	Heating up	The Oil Press take around a minute to reach optimal operating temperature
<b>Motor stops working</b>	Motor has been operating over 45 minutes	The Oil Press will automatically stop after 45 minutes. Leave it to cool for 30 minutes and start operation.
	Hopper has no ingredients in it for more than a minute	Feed more ingredients and press START button if needed
	Ingredients are jammed	See troubleshooting above
<b>Not producing oil</b>	Ingredients may not be dry enough	See PREPARATION OF INGREDIENTS for hints and tips

# Nutritional Benefits

OIL	NUTRITIONAL CONTENT	HEALTH AND HEALING	CULINARY USES	SMOKE POINT
<b>Almond</b>	Vitamin E, monounsaturated fatty acids, proteins, potassium, zinc	Hypoallergenic, great for baby massage, skin cleansing, remove dark circles around eyes, relieve Eczema and Psoriasis, reduce fine lines and repair collagen, massaged topically for relief of sore muscles, treatment of stretch marks	Marinades, great in smoothies due to its subtle taste, salad dressings	Medium
<b>Brazil</b>	Selenium (only 4 per day needed for RDI), high in Ellagic Acid and Zinc, Vitamins A and E, magnesium and thiamine. Contains ALL essential minerals.	Antioxidants in these nuts have ability to make the active enzyme 'triiodothyronine' which supports healthy thyroid function. Improves elasticity of skin, Treatment for acne. Treats skin dryness.	Strong nutty flavour. Best for: dips salad dressings.	Low
<b>Cashew</b>	Magnesium, Iron, Vitamin E	Anti-inflammatory, supports eye health, regulates Cholesterol levels, apply topically to warts, anti-bacterial / anti-fungal properties, treats scalp infections.	Perfect for cooking, dips and salad dressings	Low
<b>Hazelnuts</b>	High in Linoleic acid, rich in folate, Vitamin E, B-Complex vitamins and various minerals particularly copper	Oily skin remedy, lubricant for shaving, natural sunscreen	Hazelnut oil is luscious and fragrant.  Best for: dressings and baking. Alternative to olive oil in Pesto.	Medium

OIL	NUTRITIONAL CONTENT	HEALTH AND HEALING	CULINARY USES	SMOKE POINT
<b>Hemp Seeds</b>	Omega-6 (GLA) to Omega-3 (SDA) essential fatty acids, gamma-linolenic acid	Gamma-linolenic acid, which is eventually converted to the protective hormone prostaglandin PGE1 that regulates the hormonal balance and supports menopausal health.  Great for vegetarians due to balance of Omega fatty acids	Pleasant nutty flavour.  Best for: smoothies, shakes, vegetables, pasta, salads, and dressings.  Not for heating	Low
<b>Linseed Flaxseed</b>	Alpha-linolenic acid	Natural laxative, colon cleansing, supports growth of healthy hair, skin and nails	Not for cooking, ideal as a smoothie addition in small quantities	Low
<b>Macadamia</b>	High Oleic Acid, Rare antioxidants 'squalene'	Reduce oxidative stress on the body's fats and the skin, helping to prevent wrinkles, age spots and increase healing rates.	Great replacement for butter in baked goods.  <b>Best for:</b> Pan-frying fish, veal and flavouring cakes and slices, and in salad dressings.	Medium
<b>Peanut</b>	Linoleic Acid, Resveratrol, Vitamin E	Supports heart health, assists to lower cholesterol levels, cognitive health, immune support	Ideal for Asian cooking, especially stir-fries.	Medium

OIL	NUTRITIONAL CONTENT	HEALTH AND HEALING	CULINARY USES	SMOKE POINT
<b>Pinenut</b>	High content of polyunsaturated fatty acids – Vitamin E and F, rich source of phosphorous, calcium, magnesium, manganese, copper, zinc, cobalt and iodine.	Healing ulcers and gastritis Use topically to ease muscular stiffness and rheumatism	Lovely flavour for dips, dressings, spreads and vinaigrettes	Low
<b>Pistachio</b>	Vitamin E, Vitamin B6	Enriching hair treatment and skin moisturizer when applied topically. Supports eye health	Ideal finishing oil for vegetables, salmon or chicken Dressing for salads.	Medium
<b>Pumpkin</b>	Rich in Vitamin A and E, zinc, omega 6 and 6 fatty acids	Anti-parasitic, Anti-inflammatory for Arthritis treatment, treatment for hair loss (internally and topically). Supports Kidney health	Beautiful finishing oil for soups, chicken and fish. Ideal as a vinaigrette or dressing. Delicious drizzled over ice cream and deserts.	Low
<b>Sesame</b>	High in copper, manganese, calcium, magnesium	Zinc produces collagen, 4.7g of protein per ounce (great for vegetarians). Used for Oil Pulling, relief from Rheumatoid Arthritis, assistance in preventing airway spasms.	Given its strong flavour, it's best used as an additive, particularly to Asian dishes such as stir-fries. It's also an excellent addition to marinades and sauces.	Medium

OIL	NUTRITIONAL CONTENT	HEALTH AND HEALING	CULINARY USES	SMOKE POINT
<b>Sunflower</b>	Linoleic acid, Vitamin E	Skin moisturizer, excellent carrier oil, can be used for oil pulling	With a smoke point around 225 degrees, sunflower oil is good for frying meats or deep-frying dishes such as tempura and chips.	High
<b>Walnut</b>	Walnuts are high in polyunsaturated fats and gamma-tocopherol and rich in omega-3 fatty acids.	Improves blood circulation, lower risk of heart disease, maintain hormone levels with rich source of phytonutrients, prevention of eczema	Nutty flavour and strong fragrances, best used sparingly to add flavor to a finished dish or in a salad dressing.	Medium

# Warranty Card

Congratulations on purchasing your BioChef Vega Oil Press from Vitality 4 Life! This is your warranty card. To activate your warranty, please register online at **warranty.vitality4life.com**

Vitality 4 Life warrant this BioChef Vega Oil Press to be free from defects in materials and workmanship while in normal domestic use for a period of 3 years from the original date of purchase.

## DO NOT RETURN THE PRODUCT TO THE STORE

Please follow these instructions to receive faster service:

1. Note the product model and the serial number.
2. Contact Vitality 4 Life.
3. 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. Vitality 4 Life may ship the replacement or contact you with further information regarding repair of the product.
4. Typical turnaround 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 Vega Oil Press exhibits a defect while in normal domestic use, within the warranty period; we will, at our option, either repair or replace the Oil Press 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. To activate your warranty, you can register online within 30 days, or send all the details by email to the relevant address.
3. 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.
4. Do not send the product back to the service centre without return authorization form.
5. 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.
6. In the event that warranty parts or products are provided, the customer must cover the related shipping costs to receive goods.
7. 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.

Register online at **warranty.vitality4life.com**



8. **AUSTRALIA SPECIFIC:** 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 through use of the auger, drum, drum caps, sieve, juicing screens or plunger.
5. Some states do not allow the exclusion or limitation of incidental or consequential damages. So the above limitations may not apply to you in the case of damage in shipment. If your BioChef *Vega* Oil Press 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 *Vega* Oil Press for further instructions.
6. You have rights and benefits under the consumer laws in your country. 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.

Please follow these instructions when making a warranty claim:

1. You must inform Vitality 4 Life as soon as the warranty claim arises and provide a visual documentation of the fault.
2. Subject to the applicable consumer laws in your country, you must pay for all packing, freight and insurance costs for transit of the product to Vitality 4 Life.

### **IF THE WARRANTY CLAIM IS NOT ACCEPTED:**

- a) Vitality 4 Life will inform the customer;
- b) If requested to do so by the customer, Vitality 4 Life will repair the product provided the customer pays the usual charges for such repair; and
- c) If applicable the customer will be responsible for all costs associated with collection of the product from Vitality 4 Life.

In order to get the best use from your BioChef *Vega* Oil Press, read and follow the instructions in your operating manual.

### **Vitality 4 Life – Head Office and Showroom**

5/10 Brigantine Street,  
Byron Bay, NSW 2481, Australia  
International Phone: +612-66807444  
Toll-Free (within Australia): 1800 802 924  
Fax: +612-66807481  
Email: [support@vitality4life.com](mailto:support@vitality4life.com)  
Website: [www.vitality4life.com.au](http://www.vitality4life.com.au)

### **Vitality 4 Life – United Kingdom Office**

Unit 7 Vitas Vending Business Centre  
Fengate, Peterborough, PE1 5XJ, United Kingdom  
International Phone: +44 (0) 844 800 0831  
Email: [support@vitality4life.co.uk](mailto:support@vitality4life.co.uk)  
Website: [www.vitality4life.co.uk](http://www.vitality4life.co.uk)

### **Vitality 4 Life – United States**

Email: [support@vitality4life.com](mailto:support@vitality4life.com)  
Website: [www.vitality4life.com](http://www.vitality4life.com)

### **Vitality 4 Life – France**

Email: [support@vitality4life.fr](mailto:support@vitality4life.fr)  
Website: [www.vitality4life.fr](http://www.vitality4life.fr)

### **Vitality 4 Life – Deutschland**

Email: [support@vitality4life.de](mailto:support@vitality4life.de)  
Website: [www.vitality4life.de](http://www.vitality4life.de)

### **Vitality 4 Life – Italiano**

Email: [servizioclienti@vitality4life.it](mailto:servizioclienti@vitality4life.it)  
Website: [www.vitality4life.it](http://www.vitality4life.it)

### **Vitality 4 Life – España**

Email: [atencioncliente@vitality4life.es](mailto:atencioncliente@vitality4life.es)  
Website: [www.vitality4life.es](http://www.vitality4life.es)

### **Vitality 4 Life – Netherlands**

Email: [info@vitality4life.co.nl](mailto:info@vitality4life.co.nl)  
Website: [www.vitality4life.co.nl](http://www.vitality4life.co.nl)



[biochef.com.au](http://biochef.com.au)



[#vitality4life](https://www.instagram.com/vitality4life)



[@biochef](https://twitter.com/biochef)



[/mybiochef](https://www.facebook.com/mybiochef)



[vitality4life](https://www.youtube.com/vitality4life)



[/biochef](https://www.pinterest.com/biochef)