

S M E G



SLOW JUICER

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**S M E G**



.....  
*Elixir of*  
**WELLNESS**  
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For those who love to eat healthily and do sports, for those who wish to diversify their own diet and... for those who are curious about new flavors!

**Smeg's Slow Juicer** produces the *highest quality juice*, flavorful and with the intense color of its ingredients, thanks to fully cold juicing that doesn't use blades but a slow and powerful rotation of a screw pump.

The *slow squeezing system SST™ (43 rotations per minute)* preserves fruit and vegetable's organoleptic properties since it does not disperse the active ingredients.

In fact, this type of extraction is different from centrifuges and some food processors, because it does not cut, crumble, blend, and it does not oxidize the ingredients.

Thanks to the juicer technology, you can taste a juice which is a real **concentrate of healthy nutrients**.

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# The best of fruit AND VEGETABLES

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Using the juicer is *very simple*: choose your ingredients and quickly prepare your *favorite juice*.

**Loading** is *vertical and fast* and allows you to load precisely the desired amount of fruit and vegetables.

Through its slow but powerful rotation, the screw pump captures the ingredients and *slowly squeezes them*, thus preserving flavor and nutrients.

Thanks to the special cap, the squeezing chamber starts filling with the ingredients juices, which are gently stirred to create a rich **juice which is fresh and smooth**.

Smeg juicer allows you to **adjust the density** through the specific lever, and to easily collect the waste fibers through the dedicated spout.

It is equipped with a *control system*, for a completely safe start-up, and a **Reverse function**, which, in case of blockage, allows you to reverse the screw pump rotational direction in order to restore the normal functions.



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# A High Efficiency STRUCTURE

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**1 Exclusive Slow Squeezing Technology™**

Second-generation technology for an excellent juice extraction.

**2 Squeezing speed and reverse function**

Rotation speed is 43 RPM. The reverse rotation function unblocks the juicer in case of blockage due to the accumulation of pieces.

**3 Filter with small holes and large holes**

Depending on the filter chosen, you can get a thicker juice or a more liquid one with less pulp.

**4 Control lever and juice cap**

Lever allows you to choose the juice density while the leftovers flow out from the dedicated spout.

**5 Components in Tritan™ & Ultem™\***

High quality materials, resistant, safe (without BPA) and easy to clean.

\*ULTEM™ is a registered trademark of SABIC

**POWERFUL**  
*silent*  
**EFFICIENT**



.....  
*Color*  
**SELECTION**  
.....

*A*  
*concentrate*  
of  
COLORS



**BLACK**  
SJF01BLEU



**CREAM**  
SJF01CREU



**RED**  
SJF01RDEU



**PASTEL BLUE**  
SJF01PBEU

.....  
*Vitamins*  
IN PROFUSION  
.....





## CARROT JUICE

Carrots contain a high quantity of vitamin A and beta-Carotene. These vegetables enhance the sight and give vigor. Carrot juice has a vibrant color, a sweet flavor and supports with the absorption of nutrients.



Carrots contain little water, so, if you want to improve the juice extraction, you can add a bit of apple.



1

Carrots are tough, thus it is recommended to cut them in pieces of the size of a finger.



2

Close the lever, insert the carrots and activate the appliance.



3

When the juicing is about to finish, open the lever partially and remove the compressed pulp.



## PEAR AND GINGER TEA

Ginger is effective at preventing coughs and colds. Pear contains luteolin, which helps reduce inflammation, and promotes nerve and muscle function



Immerse the ginger in lukewarm water first if you prefer a less spicy flavor.



1

Extract the juice from the pear with the peel, using the juicer.



2

Boil together water, ginger and honey and filter them, then let them cool down.



3

Mix the pear juice with the preparation.



## DETOX JUICE

Detox juice is excellent for reinvigorating skin and body. Slow juicing enhances the natural flavor and preserves the nutrients.



When preparing juices with mixed fruit and vegetables, we suggest you alternate the addition of the most juicy ingredients with the less juicy ones.



1

Cut broccoli, cabbage, tomatoes and carrots into cubes.



2

Cover the ingredients with water and boil the lot, then let it cool down.



3

Close the lever, put the ingredients inside the appliance and start juicing.



4

Add a banana or an apple as desired, to give more flavor to the juice.



## GRAPE JUICE

Sweet grape juice contains lots of anthocyanins, which are an effective antioxidant. If taken as an extracted juice, grape keeps all the nutritional properties contained inside its seeds and skin.



You can add tomato juice if you prefer a thicker and denser juice.



1

Separate the grapes from the stalks and wash them.



2

Close the lever and activate the appliance. When the juice starts flowing out, open the lever partially.



3

For a richer flavor, repeatedly close and open the lever during juicing.



4

When the juicing is about to finish, open the lever partially and remove the compressed pulp.



## FRUIT ICE CREAM

To increase the creaminess, you can add some evaporated milk. If you like sweet tasting ice cream, you can add a spoonful of honey. Alternatively, if you prefer it sour, you can add a spoonful of natural yogurt.



For a smaller caloric intake, use some low-fat yogurt in place of the whipped cream.



1

Extract the juice from the desired fruit.



2

Mix the obtained juice with the whipped cream and freeze.



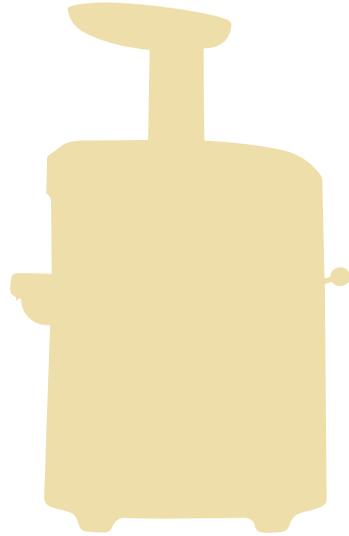
3

Add honey or skimmed milk powder if the juice is obtained from a not-too-sweet fruit or from vegetables.



4

If scraped with a fork prongs every one or two hours, the ice cream becomes creamier.



# SJFO1

## SLOW JUICER

*'50s line*

### Technical features

SST™ Slow Juicing Technology

Rotation: 43 rotations/min

Lever for juice density adjustment

500ml juice container made of TRITAN™

Screw pump and filter basket made of ULTEM™\*

Filter basket with 4 silicone spatulas for smoother juices

'Reverse' function

Power: 150W

Non-slip feet

Net weight: 7.4 Kg

Dimensions (LxWxH): 270x171x413 mm

\*ULTEM™ is a registered trademark of SABIC.

### Available colors

**SJFO1BLEU** Black

**SJFO1CREU** Cream

**SJFO1PBEU** Pastel blue

**SJFO1RDEU** Red



### Included accessories



Filter with small holes



Filter with large holes



Pestle



Juice pitcher (1 lt)



Juice pitcher (1.6 lt)



2 brushes for cleaning



Recipe book with 12 recipes and suggestions for use.

.....  
**THE OTHERS**  
 IN THE FAMILY  
 .....



Toaster 2x2



Toaster 2x4



Variable Temperature Kettle



Kettle



Stand Mixer



Blender



Coffee Machine



Citrus Juicer



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