



Lewis County

Master Food Preserver

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety and
Preservation



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STEAM JUICERS

The way steam juicer's work is really simple. They are basically a three tiered double boiler with a base to hold water. There will be a reservoir for catching the juice as well as a sieve to hold the fruits.

There will be a clear plastic tube which makes it easy to decant the juice from the reservoir directly to the jars. There will be a clamp that allows you to open or close the tubing when you want to drain the juice. All you need to do is boil the water in the bottom container and place the fruit you want to extract from in the top container. As the water boils, hot steam will penetrate and open the fruit cells causing the juice to drip into the reservoir.

With a versatile stainless steel steam juicer you can use the power of steam to easily and quickly extract the juice from grapes, berries, or other juicy fruits. It is such a huge time saver, too, because you won't have to do the mundane tasks of peeling, squeezing, pitting or stemming anymore. In fact, making juice at home has never been more enjoyable and pleasant. Best of all, you will be able to preserve nature's vitamins and fresh flavor in the juice and enjoy all its health benefits. Although there are many ways you can use the juice you have extracted besides drinking it, generally most people will freeze, can, or use it in jellies, sauces, and syrups.

Using a steam juicer to steam fruits and vegetables can be healthier than boiling because it helps preserve the all-important vitamins and minerals our bodies need. Most people are able to get pure juice in less than 2 hours. If you are a home canner or wine maker, you may find this a wonderful tool for extracting juice.



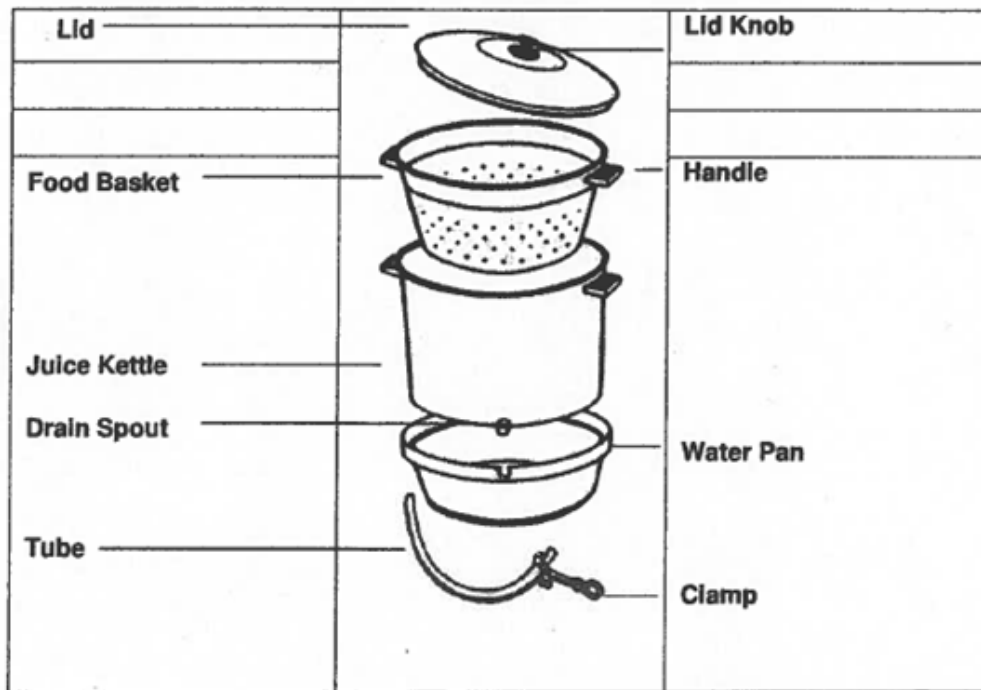
CAUTION

To prevent personal injuries, read and follow all instructions and warnings.

Operating Precautions

- The steam is scalding hot, use extreme caution!
- Close supervision is necessary when this appliance is used by or near children.
- Do not leave unattended
- Rubber or heat resistant gloves are recommended when handling the hot Steam Juicer.
- Never let the pan boil dry. If excessively overheated, like most cookware, the bottom may warp or melt. Should melting occur, do not attempt to remove the water pan from the burner until it has cooled.
- Be extremely cautious of steam when removing cover. Lift cover slowly, directing steam away from you and let water drip into steamer.

USING YOUR STEAM JUICER



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