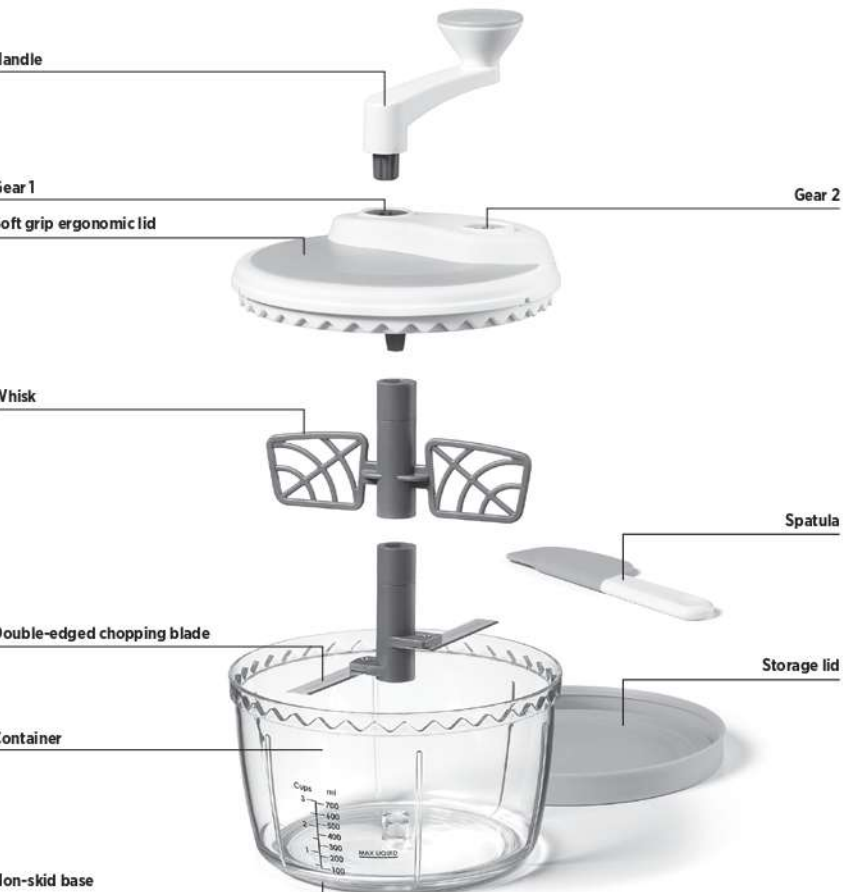


Starfrit

DUAL SPEED PRO FOOD PROCESSOR



INSTRUCTIONS FOR USE



ABOUT THE DUAL SPEED PRO FOOD PROCESSOR

The Dual Speed Pro Food Processor has two built in gearing ratios, Gear 1 (grey gear socket) and Gear 2 (green gear socket). These gearing ratios are applied to each turn of the handle.



When the handle is placed in Gear 1 (grey gear socket), each turn of the handle generates 4 turns of the blade or whipping attachment, delivering more power, or torque. When the handle is placed in Gear 2 (green gear socket), each turn of the handle generates 8 turns of the blade or whipping attachment, generating more speed.



Always start the Dual Speed Food Processor in Gear 1, and then as food gets chopped finer and turning the handle gets easier, switch to Gear 2 to increase speed and efficiency.

CHOPPING

1 Place the blade on the center post before adding ingredients. Blades are used for chopping produce like onions, potatoes, tomatoes, peppers and more...



2 Add ingredients.

3 Place the lid over the container.

4 Insert gear handle firmly into Gear 1 (grey socket) until it clicks.

5

Turn handle to chop (chops in both directions) with the palm of one hand while maintaining constant pressure on the lid with the other to ensure no spillage.



TIPS:

- After starting on Gear 1 and when turning has become easier, transfer the handle to Gear 2 (green socket) for easier, more efficient chopping and mincing. **DO NOT** start chopping large or quartered produce on Gear 2.
- Dual Speed Pro Food Processor is perfect for combining ingredients while chopping. Try adding multiple different ingredients.
- Precut produce to a smaller size prior to chopping for easier use.
- Don't use the chopping blade for mixing liquids.

To Crush Ice:

Place the blade on the center post. Add up to 8 standard sized ice cubes in the container. Make sure to use ice cubes that just came out of the freezer to increase the Food Processor performances. Start chopping on Gear 1. Turn until ice starts to break up and turning becomes easier. Switch on Gear 2 and turn until desired ice texture.

Note: Grinding ice requires some physical strength.

Dual Speed Food Processor chops produce such as onions, tomatoes, garlic, cabbage, potatoes and more...

WHIPPING

1 Place the whip on the center post before adding ingredients. The whisk is used for whipping cream, sauces, dips and other soft foods.

2

Add ingredients. Do not go over the fill line (approximately 8 oz).

3

Place the lid over the container.

4 Insert handle firmly into Gear 1 (grey socket) until it clicks.

5 Turn handle to whip with the palm of one hand while maintaining constant pressure on the lid with the other to ensure no spillage.



TIPS:

- After starting with Gear 1 transfer the handle to Gear 2 (green socket) for easier, more efficient whipping.
- For dressings, sauces and dips, chop produce first and then whip to blend with oils and vinegar.

Great for making dips, dressings and sauces, whipped cream, butter and more.

HOMEMADE BUTTER

Using the whisk and starting on Gear 1, whip heavy whipping cream until it becomes harder to turn. Then transfer the handle to Gear 2 and continue turning until whey is separated from cream. Pour off whey and add salt as well as herbs and other flavours if desired.

SWEET BALSAMIC VINAIGRETTE

(For ½ cup of vinaigrette)

- 1 tbsp (15 ml) Dijon mustard
- 1 tbsp (15 ml) balsamic vinegar
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) maple syrup OR honey
- 6 tbsp (90 ml) olive oil OR canola oil
- 1 garlic clove
- Salt and pepper

Use the whip on Gear 1 to mix. Don't overmix!

SALSA

- (For 2 portions for starters or 1 portion as a meal)
- ½ avocado
 - ¼ red onion
 - ¼ tomato
 - 1 tsp (5 ml) fresh coriander
 - 2 garlic cloves
 - Extract juice from ¼ lime
 - Salt

To spice it up, add a dash of your favorite hot sauce.

Use the whip on Gear 1 to mix. Don't overmix!

PESTO

(For 2 to 4 portions)

- 1 cup (250 ml) fresh basil
- 1 garlic clove
- 1 ½ tbsp (22.5 ml) parmesan
- 2 tbsp (30 ml) pine nut
- 1 tsp (5 ml) lemon juice
- 1 tbsp (15 ml) olive oil
- Salt and pepper

Use the blades on Gear 1 to mix. Don't overmix!

HOMEMADE DILL MUSTARD

- (Perfect for 4 to 6 burgers)
- 3 tbsp (45 ml) yellow mustard
 - 2 tbsp (30 ml) chopped pickles
 - ¼ white onion
 - 1 tbsp (15 ml) honey
 - 1 tbsp (15 ml) fresh dill

Use the blades on Gear 1 to mix. When turning become easier, switch to Gear 2. Mix till you get the texture you want.

MINT SAUCE

(Perfect for lamb. Good for 2 to 4 portions)

- ½ cup (85 ml) fresh mint
- 1 ½ tbsp (22.5 ml) white wine vinegar
- 1 ½ tbsp (22.5 ml) cold water
- ½ tsp (7.5 ml) sugar
- Salt

Use the blades on Gear 1 to mix. When turning become easier, switch to Gear 2. Mix till you get the texture you want.

FRONZEN MARGARITA

(Perfect for lamb. Good for 2 to 4 portions)

- 1 cup (250 ml) of ice cubes
- 2 oz (60 ml) of tequila
- 1 oz (30 ml) of Orange Liquor (Cointreau or triple sec)
- 2 oz (60 ml) of lime juice
- 1 ½ oz (45 ml) of simple syrup

Use the blades on Gear 1 to crush ice until desired texture. Add the rest of the ingredients, mix and enjoy!

WARNING SHARP BLADES
Be careful when using and washing this item to avoid injury.

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