

Victorio™

Stainless Steel Steam Juicer



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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 Victorio Steamer.
- 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.

Welcome to the Healthy World of Steam Juicing & Cooking.

Congratulations! You have just made an excellent choice by purchasing the Victorio Steamer. It will serve you many years as a Steam Juicer, Cooker, Colander, Soup Pot or a Roaster.

The Victorio Steamer at a Glance

It's a Steamer Juicer—the gentle steam process gives you the rich savory juices from grapes, apples, cherries, plums, pears, berries, currants, rhubarb, tomatoes, etc., while preserving nature's vitamins and fresh flavor. Simply fill the water pan with water, place the fruit in the colander, cover with the lid and heat on the stove. As the water boils, hot steam penetrates and opens the fruit cells allowing the juice to drip into the juice kettle. About 60 minutes later, release the clamp and drain off the flavorful juice concentrate through the drain tube.

It's a Colander—The large 9.5 quart steamer insert doubles as a colander that quickly drains spaghetti, washed lettuce, vegetables and garden produce.

It's a Soup Pot and Roaster—the bottom 4.5 quart water pan is ideal for boiling, stewing and simmering soups. It's also great for roasting and baking chicken, beef, pork and other meats.

Steam Juicing with the Victorio Steamer

- Wash the Victorio Steamer in warm water, soapy water before each use. Pay special attention to hard-to-reach areas. Thoroughly clean the drain tube and juice kettle. Keep your work area, all equipment, and utensils clean.
- Wash jars and check for nicks and cracks.
- Always use fresh, ripe berries and fruit. Carefully wash fruit to remove dirt from cracks and crevices. Check for blemishes and remove them as needed. Rinse well. Apples and large fruits do not need to be peeled or cored, but will extract juice quicker when cut into pieces. Washing grapes and berries is not necessary, just rinse them well and remove the overripe ones.
- The fruit can be prepared with or without sugar. For a sweeter tasting juice, add approximately 1/4 to 1/2 cup of sugar per pound of fruit. Sprinkle the sugar throughout the fruit in the colander. Do not add sugar directly to jars.

- To sweeten with honey, dissolve desired amounts in a few tablespoons of hot water and add to juice just before serving.

Juicing Instructions

1. Fill the water pan with 3.5 quarts of water (about 3/4 full) and place on the stove on high temperature. When the water starts to boil, reduce the heat to medium or medium-high making sure the water continues to boil.
2. Make sure the drain tube is pushed on the drain spout as far as possible and place the clamp at the midpoint of the tube. Set the juice kettle on the water pan.
3. Place the colander filled with the fruit on top of the juice kettle and cover with the lid.
4. When the steam begins to escape from the upper portion of the steamer, start timing. Make sure the water continues boiling and producing steam. CHECK WATER LEVEL OFTEN. DO NOT ALLOW WATER PAN TO BOIL DRY
5. Wash and sterilize all jars in a 200 degrees F (93.3 C) oven for 15 minutes. Sterilize caps and lids before use.
6. Before filling the jars with the juice, place the jar to be filled in baking pan or tray. The tray will catch any drips or spills.
7. To get a clear juicer, do not touch the fruit in the food basket during the processing time. For a pulpy juice, stir fruit after the contents have become soft and mushy.
8. After 40 minutes, you may begin filling the jars. Place the end of the drain tube in the hot, sterilized jar and press the clamp to release the juice.

CAUTION: Use extreme care when filling the jars. The juice will be scalding hot. Keep children away and use mitts or rubber gloves while handling the hot bottles.

9. Pour the first quart of juice back into the juicer to even out the sweetness and sterilize the drain tube. (If the fruit is quite juicy and has steamed for longer than 45 minutes, the juice could overflow from the juice kettle into the water pan.) Complete the juicing process to the end of the steaming period.

10. Fill the jars within 1/4” of the jar top to avoid too much air left in the jars. Seal immediately with sterilized lids.
11. Place the sealed jars in a hot water bath of 190 degrees F (87.7 degrees C) for 15 minutes. Note: Use heat resistant gloves or jar lifter to remove the jars from the hot water.
12. Place the hot jars on a towel in a draft free area and let cool. After 24 hours, check the seals and store in a cool, dry, dark room.

Instructions for Tomato Juice

After filling the jar with plain hot tomato juice, add 2 teaspoons of lemon juice or vinegar per quart leaving a 1/4” space at the top. Seal and put in a boiling water bath for 15 minutes for quarts and 10 minutes for pints. For thicker juice, stir occasionally as they steam, or put juice and pulp through a blender.

Instructions for Other Vegetable Juices

Any juice containing vegetables (except plain tomatoes) needs to be bottled and sealed then placed in a pressure cooker for 30 minutes for quarts and 20 minutes for pints at 10 pounds of pressure.

Grape Juice Is King

Many people buy a Victorio Steamer for the sole purpose of making grape juice. Simply rinse grapes well, but do not stem them unless you have usually sensitive taste buds. Pile grapes into the food basket. Don't be concerned if the lid does not fit on when you begin, after the fruit has steamed a while it will start to collapse. Steam grapes for 60 minutes then seal the lids.

Yields

What you get out of the Victorio Steamer depends entirely on what you put into it. There is a big difference in the juice contents of fruit.

High yield—Apricots and Tomatoes, 7 quarts

Average yield—Grapes and Cherries, 4 quarts

Low yield—Apples and Peaches, 2 quarts

Steam Cooking with the Victorio Steamer

You'll love the Victorio Steamer for preparing garden fresh or frozen vegetables. Foods turn out tender and tasty, not soggy and overdone. In addition, natural flavors, vitamins, and minerals are retained and not boiled away.

Simply bring water to a full boil in the water pan. Place vegetables in the food basket and set on the boiling water pan. Steam until the vegetables are warm and tender. Season to taste.

Use your Victorio Steamer to blanch foods for freezing. Boil water in the water pan. When the steam escapes from the juicer top, put the vegetables in the food basket. Secure the lid and steam.

Note: Fill the food basket not more than half full. Cool steamed vegetables in ice water, drain, package, and freeze.

Steam fruits or vegetables that need to be peeled before canning, such as peaches, tomatoes, or beets. They can be peeled much easier if you steam them for a few minutes first.

Juicing Timetable

Processing times may vary according to fruit, variety, ripeness and altitude.

| | | | |
|--------------|------------|--------------|------------|
| Apples | 90 minutes | Grapes | 60 minutes |
| Apricots | 60 minutes | Peaches | 60 minutes |
| Blackberries | 60 minutes | Pears | 80 minutes |
| Cherries | 60 minutes | Plums | 60 minutes |
| Crabapples | 90 minutes | Prunes | 80 minutes |
| Cranberries | 70 minutes | Raspberries | 60 minutes |
| Currants | 60 minutes | Rhubarb | 70 minutes |
| Elderberries | 60 minutes | Strawberries | 60 minutes |
| Gooseberries | 80 minutes | Tomatoes | 60 minutes |

Steaming Times for Freezing Vegetables

| | | | |
|--------------------|--------------|-----------|---------------|
| Asparagus | 2-4 minutes | Egg plant | 5 minutes |
| Beans, green | 4 minutes | Peas | 3 minutes |
| Broccoli | 5 minutes | Peppers | 2 1/2 minutes |
| Brussel Sprouts | 5 minutes | Pumpkin | 10 minutes |
| Corn, on the Cob | 8-12 minutes | Squash | 10 minutes |
| Corn, whole kernel | 5 minutes | Zucchini | 5 minutes |

Steam meats, fish and poultry. Steamed meats are very tender. A rich broth will collect in the juice kettle that can be used for gravies and soups. Pot roasts, corned beef and other meats that are normally braised can be steamed. You can also steam chicken and other fowl with beautiful results. Add carrots, potatoes, broccoli, or cauliflower to the food basket 1/2 hour before the meat is done. Do not salt the meat while steaming.

Steaming Times for Fish and Seafood

| | |
|----------|---------------|
| Clams | 3-5 minutes |
| Crabs | 8-10 minutes |
| Crawfish | 5-6 minutes |
| Lobster | 12-15 minutes |
| Mussels | 3-5 minutes |
| Shrimp | 3-5 minutes |
| Trout | 10-12 minutes |

Note: For fish thicker than 2 inches, cut the fish in half along the backbone, or slice fish into uniform pieces.

Puddings, fruitcakes, and breads are easily steamed in your Victorio Steamer too!

Victorio Steamer's 4.5 quart water pan is an ideal soup pot and roaster that works great for baking, boiling, stewing and simmering.

Recipes & Ideas

Be creative! Juice your favorite fruits. Mix fruit juices together either by combining fruits in the food basket or by juicing them separately, then mixing. Make your own fruit punches. Try combining your juices with carbonated beverages or mixers. Canned pineapple juice is good when added to nearly any juice. Mixing bland and tart fruits enhances the flavor of the bland juices and mellows the flavor of the tart ones. Sweeten to suit your own tastes!

Making your own juice is fun and easy. Here are a few suggestions to get you started, but after a few batches you'll want to experiment on your own.

Rhubarb Slush

- 3 cups Sugar
- 6 cups water
- 4 cups Rhubarb juice
- 1 can (46 oz) Orange Juice
- Carbonated lemon-lime drink, chilled

Boil sugar and water for 5 minutes. Add rhubarb, pineapple and orange juice. Pour into a freezer container and freeze. When you're ready to serve, mash with fork. Scoop into glasses 2/3 full and add the carbonated lemon-lime drink

Note: Rhubarb juice makes a delicious jelly and is great on pancakes or vanilla ice cream.

Summer Punch

- 1 quart apple juice
- 1 quart grape juice
- 1 cup sugar
- 3 oranges
- 2 lemons

Squeeze citrus juice and mix all ingredients together. If desired, add a touch of cinnamon and few cloves to taste.

Crabapple Sparkler

- 2 quarts chilled crabapple juice
- 1 quart cold water
- 1 cup sugar
- 1 can ginger ale

1 capful lemon juice

Mix all ingredients together and enjoy.

Strawberry-Rhubarb Juice

3 quarts strawberries

3-4 lbs rhubarb

2 cups sugar

Cut rhubarb into one inch cubes. Layer strawberries, rhubarb and sugar into the food basket. Steam for 60 minutes.

Summer Delight

2 quarts strawberry- rhubarb juice

1 pint sherbet (your favorite)

1 quart ginger ale

Pour strawberry-rhubarb juice into a punch bowl. When you're ready to serve add the sherbet and ginger ale. Decorate with mint leaves

Fruit Slush

2 cups apricot nectar or juice

2 cups peach nectar or juice

1/2 can (46 oz) pineapple juice

1/2 package (6 1/2 oz.) pre-sweetened raspberry punch powder

2 quarts ginger ale or lemon lime soda

Combine juices with the pre-sweetened punch powder. Stir well and freeze. One hour before serving, remove from freezer and thaw at room temperature. Combine the slush with the ginger ale or lemon-lime soda. Makes 32, 4 oz servings.

Bananas

Bananas are an unusual fruit juice. Peel overripe bananas and steam. You'll have a rich banana concentrate perfect for milk shakes and exotic drinks. Make fruit leather out of pulp, it's tasty and nutritious.

Mixed Juices

Juices can be mixed to make unique and tasty combinations. Try these: apple-grape juice, cranberry-apple, cherry-apple, raspberry-peach, raspberry-apple, strawberry-pear, plum-grape, or lemon soda grape. Any fruit juice can be mixed with soda or mineral water to make refreshing drink.

Uses for Pulp

Don't discard the pulp!! Your Victorio Steamer lets you use every part of the fruit. Use the pulp for making delicious toppings, fillings, deserts bars and squares, fruit leather, and sauces. If you intend on using leftover pulp, make sure stems, seeds, pits, and cores are removed from the fruit before juicing.

Make baby food by blending leftover pulp into a smooth puree. Make sure stems and seeds are removed if you're going to use pulp for baby food.

Fruit leathers make a great treat. It can be made from almost any type of fruit. Whip the pulp up in your blender. Sweetening is rarely needed but if it needs a little something, add a small amount of honey or corn syrup. Spread the mixture on a cookie sheet lined with plastic wrap and dry in the sun for 6 to 12 hours, or in the oven at a very low temperature, preferably not above 140 degrees F (60 degrees C) overnight. Leave the oven door ajar for ventilation.

Apple Butter

- 16 cups thick apple pulp
- 1 cup vinegar
- 8 cups sugar
- 4 tsp cinnamon

Mix well to be sure cinnamon is well distributed. Pack in jars and process for 15 minutes in hot water bath.

Apricot Butter

- 8 cups apricot pulp (skins and all)
- 2 cups oranges
- 5 cups sugar
- cinnamon to taste

Mix apricot pulp and oranges in blender. Add sugar and cinnamon. Heat and seal in hot jars. Note: Do the same thing to plums but use lemons instead of oranges.

Homemade Syrups

Make homemade syrups and sauces for pancakes, waffles, French toast, and even drizzled over ice cream.

Syrups from: Apricots, cherries, peaches, pears, pineapple raspberries and strawberries

- 7 cups juice
- 7 cups sugar
- 16 oz bottle of liquid fruit pectin

Mix the sugar and juice together. Bring to a boil, stirring constantly. Stir in the pectin. Bring to a full rolling boil and boil hard for one minute. Remove from heat, skim, and pour into clean, hot jars and seal.

Syrups from: blackberries, chokecherries, crabapple, currants, grapes and plums

5 cups juice

7 cups sugar

Combine juice and sugar in large heavy pan. Bring to a full rolling boil for one minute. Remove from heat and skim off the foam (if you boil too long, you may end up with jelly) Pour into clean, hot jars and seal.

Freezer Jellies

Recipes for making jellies from juices are readily available. Consult a good cookbook for food-preserving manual. For beginners, we've listed a few easy freezer recipes. Follow the pectin package directions for appropriate fruits, or use Certo Fruit Pectin.

Freezer Strawberry Jelly

1 3/4 cups strawberry juice

4 cups sugar

2 tablespoon strained lemon juice

1/2 bottle Certo Fruit Pectin

Add sugar to the juice and mix well. Mix the lemon juice and pectin in a small bowl and add into the juice mixture. Continue stirring for 3 minutes. Pour quickly into the jars and cover immediately.

Freezer Grape Jelly

2 cups grape juice

4 cups sugar

2 tablespoons water

1/2 bottle of Certo Fruit Pectin

Add sugar to the juice and mix well. Mix the water and pectin in a small bowl and add into the juice mixture. Continue stirring for 3 minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 4 medium jars.

Freezer Red Raspberry Jelly

2 1/2 cups Raspberry Juice

5 cups sugar

2 tablespoons water

1/2 bottle Certo fruit Pectin

Add sugar to the juice and mix well. Mix the water and pectin in a small bowl and add into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 7 medium jars.

Freezer Plum Jelly

4 cups juice

7 1/2 cups sugar

1/2 bottle of liquid fruit pectin

Add sugar to the juice and mix well. Mix the pectin into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 10 medium jars.

Freezer Peach Jelly

3 cups juice

6 1/2 cups sugar

1 (6 oz) bottle of liquid fruit pectin

Add sugar to the juice and mix well. Mix the pectin into the juice mixture. Continue stirring for three minutes. Pour quickly into the jars and cover immediately. Allow to set at room temperature, then store in the freezer. Makes 10 medium jars.

Make unusual jellies by combining juices. Crabapple and cherry is quite good. You should also try pie cherry and raspberry or pineapple and apricot. Follow the jelly recipe on your pectin package.

Rhubarb Jelly

4 cups juice

1 tsp vanilla

7 cups sugar

1 (6 oz) bottle liquid fruit pectin

Add sugar and vanilla to the juice and mix well. Place over high heat, stirring constantly and bring to a boil. Add the pectin and bring to a rolling boil for 1 minute. Remove from heat and skim off the foam. Pour into hot jars and seal. Makes 10 medium jars.

Aplets or Cotlets

- 2 cups applesauce (or apricot puree)
- 2 cups sugar
- 2 tablespoons unflavored gelatin
- 1 1/2 cups mixed nut
- 1 1/2 cups cold water
- 1/4 cup powdered sugar
- 1/4 teaspoon cinnamon (or tiny drop of cinnamon oil)

Warm fruit puree, sugar, and gelatin which has been softened in water. Stir well. Add nuts and flavoring. Pour into an oiled 8x8 pan until set. Cut into squares and roll each piece in powdered sugar.

Crabapple Tapioca Fruit Pudding

- 1/4 cup tapioca
- 2 1/2 cups crabapple juice
- Dash of salt
- 1/3 cup sugar

Mix ingredients together and let stand for five minutes. Bring to a boil over medium heat, stirring often. Cook for 20 minutes. Serve warm or cold with whipped cream.

Cheese Pear Delight

- 6 cups pear juice or nectar
- 1 (6 oz) package apricot gelatin
- 1 (3 oz) orange gelatin
- 1 (8 oz) cream cheese
- 3/4 cup crushed vanilla wafers

Heat juice to a boil. Add apricot and orange gelatins, stirring until dissolved. Refrigerate until it is partially set. Top with the crushed vanilla wagers. Chill until firm. Makes 16 to 20 servings.

Savory Tomato Juice

- 12 lbs tomatoes, quartered
- 1 small bunch carrots, diced
- 4 onions
- 1 bunch celery, sliced in 1 inch pieces
- 3 green peppers, sliced
- 1 teaspoon salt
- 1 teaspoon sugar

Do not peel tomatoes. Layer vegetables in the food basket. Steam for 60 minutes. Stir contents of the food basket for a thicker juice.

Apricot Slims

- 1 cup thick apricot puree
- 1/3 cup coconut
- 1 tablespoon orange juice
- 1 tablespoon finely chopped almonds

Blend apricot puree and coconut in a blender. Add in orange juice and mix well. Divide into four equal parts and chill. Working one part at a time, roll with your palms on a board sprinkled with the almonds into a rope about 16" long. Cut diagonally into 2" pieces.

Tomato Sauce

- | | |
|------------------------|-----------------------------|
| 2 quarts tomato puree | 1 cup vinegar |
| 1/2 cup sugar | 2 teaspoons whole allspice |
| 2 sticks of cinnamon | 1 teaspoon whole cloves |
| 1 1/2 teaspoon paprika | 1 teaspoon dry mustard |
| 1 teaspoon salt | 1/4 teaspoon cayenne pepper |

Combine puree, vinegar and sugar. Tie the whole spices in a cheese cloth bag and add the tomato mixture. Add the remaining ingredients and cook until thick, about one hour. As the mixture thickens, stir frequently to prevent sticking. Remove the spice bag. Pour the boiling hot mixture into hot jars leaving 1/2" space at the top. Process for 15 minutes in a Steam Canner or Water bath canner to ensure sealing. Makes 2 to 3 pints.

CAUTION: Any vegetable juices to be stored should be processed in a pressure cooker at 10 lbs. of pressure for 30 minutes for quarts and 20 minutes for pints. Plain tomato juice should have lemon or vinegar added (2 tsp per quart) and should be processed in a Steam Canner or Water Bath canner for 15 minutes. This will eliminate the risk of botulism

Tomato Soup

- 7 quarts peeled, cored tomatoes
- 3 cups chopped onions
- 3 sticks celery
- 2 red peppers
- 4 grated carrots

Add ingredients to the food basket. Puree the leftover pulp in a blender. Add to the clear juice until the consistency suits you. Pour into the canning jars, leaving a 1 inch space at top of the jar. Process in a pressure cooker at 10 lbs. of pressure for 30 minutes for quarts and 20 minutes for pints.

Pumpkin or Squash

Cut, seed and wash pumpkin or squash. Put in a juicer and steam until soft. Scoop out the pulp and put in the blender with enough juice to make the blender run. The mixture may be frozen for future use in pies.

Pumpkin Chiffon Pie

- 1 envelope gelatin
- 1/4 cup water
- 1 1/4 cup pumpkin
- 1/2 cup milk
- 1/2 teaspoon lemon juice
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup sugar
- 3 eggs (separated)

Beat the egg yolks slightly and add 1/2 cup sugar, pumpkin, milk, salt, and spices. Cool until thickened. Soften the gelatin in 1/4 cup water, add this to the pumpkin mixture, blend well and cool. When it begins to thicken, fold in stiffly beaten egg whites to which 1/2 cup of sugar has been added. Pour in a baked pie shell and top with whipped cream.

Homemade sausage

- 5 lbs hamburger
- 2 tablespoons salt
- 1/2 teaspoon saltpeter (for color)
- 2 1/2 teaspoon whole mustard seed
- 2 1/2 coarsely ground peppers
- 2 1/2 teaspoon garlic salt
- 1 teaspoon hickory smoke salt

Mix ingredients together until well blended. Refrigerate 8 to 12 hours so the flavors will mix. Shape 4 rolls of equal size, wrap each in aluminum foil and place in food basket. Steam vigorously for 75 minutes. Remove and refrigerate immediately.

Keeping a Record

One thing you'll find very valuable in your canning and juicing experience is to keep a written record. If you invent a delicious recipe, don't trust it

to memory. Record such things as fruit used, quantities, processing time, sweetener used, other ingredients, yield, taste, description and suggestions for next time.

Cleaning your Victorio Steamer

After each use, wash the Victorio Steamer in warm, soapy water, rinse and dry thoroughly before storing. Should the water pan collect hard water deposits or sediments caused by minerals in the water, remove them by using one of the methods below.

- Add two capfuls of lemon juice or vinegar and 1 cup of water to the water pan and boil away the stains. Wash in warm, soapy water, rinse and dry thoroughly.
- Rub a lemon half against the sediment. Wash in warm, soapy water, rinse and dry thoroughly.
- Use a stainless steel cleanser. Wash in warm, soapy water, rinse and dry thoroughly.

Note: Always remove the clamp from the juice hose when storing the Victorio Steamer.

Product Warranty

Victorio Kitchen Products warrants this appliance from failures in the material and workmanship for one (1) year from the date of original purchase with proof of purchase and provided the appliance is operated and maintained in conformity with the provided instruction manual. Any failed part of the appliance will be repaired or replaced without charge at Victorio Kitchen Products discretion. This warranty applies to household use only.

This warranty does not cover any damage, including discoloration, to any surface of the appliance. This warranty is null and void, as determined solely by Victorio Kitchen Products if the appliance is damaged through accident, misuse, abuse, negligence, scratching or if the appliance is altered in any way.

THIS WARRANTY IS IN LIEU OF IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY, FITNESS FOR PARTICULAR PURPOSE, PERFORMANCE, OR OTHERWISE, WHICH ARE HEREBY EXCLUDED. IN NO EVENT SHALL VICTORIO KITCHEN PRODUCTS BE LIABLE FOR ANY DAMAGES, WHETHER DIRECT, INDIRECT, INCIDENTAL, FORSEEABLE, CONSEQUENTIAL OR SPECIAL ARISING OUT OF OR IN CONNECTION WITH THIS APPLIANCE.

If you think this appliance has failed or requires service within its warranty period please contact:

Victorio Kitchen Products Customer Service Department

CALL 866-257-4741

or

E-MAIL service@victoriokitchenproducts.com

Return shipping fees are non-refundable. A receipt proving original purchase date will be required for all warranty claims. Hand-written receipts are not accepted. Victorio Kitchen Products is not responsible for returns lost in transit.