

# Saladmaster® Machine Instructions and Recipes



*Saladmaster*  
We Change Lives™

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## Saladmaster® Fruit Salad

Utensil: Saladmaster® Machine  
Yield: 6-8 servings

- ½ cantaloupe
- ½ honey dew melon
- 1 banana
- 1 apple
- 1 pear
- ½ lemon
- ½ lime



Process cantaloupe and melon using the No. 3 – French Fryer; banana using the No. 5 – Waffler; apple and pear using the No. 2 – Stringer. Using the No. 1 – Shredder, grate zest of lemon and lime. Lemon and lime provide the juice which is the dressing for the salad and keeps the fruit from turning brown. In a large bowl, gently toss fruit and mix. Serve chilled.

**Variations:** Try adding papaya, pineapple or pecans to your salad. Easily customize this dish to fit your unique taste preferences.

## Hash Browns

Utensil: Saladmaster® Machine; 10½ inch gourmet skillet  
Yield: 2-4 servings

- 2 large potatoes
- 1 medium onion
- No cholesterol cooking oil

Preheat oil. Process potatoes and onions using the No. 2 – Stringer. Layer potatoes in skillet. Cover and fry for 5 minutes. Season to taste.

## Potato Skins

Utensil: Saladmaster® Machine; baking pan  
Yield: 2 servings

- 1 large potato

Cut potato into quarters. Process each quarter using the No. 1 – Shredder, but leave the skins intact. Arrange grated potatoes back into each skin. Top each quarter with desired toppings. Bake in oven until golden brown.

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## Customer Service

Welcome to the Saladmaster® family. Your investment in the Saladmaster® Machine means that you are a discriminating person and interested in furnishing your kitchen with the very best.

As a Saladmaster® customer, you will find that you are among a large number of satisfied users of the finest quality food cutter available. As you use it and learn its many benefits, your satisfaction will continue to grow. Saladmaster® has spent many years in research and development in order to incorporate features that set this food cutter apart from the average kitchen utensil. Such quality is evident in its exceptionally heavy weight and its fine workmanship.

Be sure to read this instruction manual carefully. Contact your local dealer if you have any questions. We are anxious for you to receive the maximum performance from your Saladmaster® Machine. Proper use will pay you dividends in nutrition, time, and money.

Again, we welcome you to the Saladmaster® family and congratulate you on your purchase. If we can assist you in any way, please feel free to contact Saladmaster® Customer Service. We would be pleased to serve you.

## Saladmaster® Customer Service

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## Saladmaster® Machine Parts



## Saladmaster® Health Salad

Utensil: Saladmaster® Machine

Yield: 6-8 servings

- ¼ head green cabbage
- ¼ head red cabbage
- 1 zucchini
- 3 radishes
- 1 carrot
- 1 yellow summer squash
- 1 celery stalk
- ½ ounce fat-free or reduced-fat cheddar cheese



Process cabbage using the No. 3 – French Fryer; zucchini and radishes using the No. 4 – Thin Slicer; carrot and yellow squash using the No. 2 – Stringer; and celery and cheese using the No. 1 – Shredder.

In large bowl combine ingredients. Serve with your choice of salad or cole slaw dressing.

## Marinated Cucumber Salad

Utensil: Saladmaster® Machine

Yield: 4 servings

- 2 to 3 medium cucumbers, scrubbed
- ¼ teaspoon salt substitute
- ⅓ cup vinegar
- 3 tablespoons sugar
- 1 tablespoon water

Slice cucumbers using the No. 5 – Waffler.

Place cucumber slices in medium bowl; sprinkle with salt substitute; toss to combine.

In small bowl, combine vinegar, sugar, and water, stirring to dissolve sugar. Pour over cucumbers. Cover and refrigerate until chilled.

## Nutritional Information

The Saladmaster® Machine can play an integral role in your healthy lifestyle allowing you to quickly and easily create healthful salads, side dishes, and main meals using the freshest ingredients. With the following ingredients, there is no skimping on nutrition... *or flavor!*

- According to the American Cancer Association, cruciferous vegetables help the body resist cancer. **Cabbage** and **Radishes** are in the cruciferous category.
- **Squash & Zucchini:** Vitamin C, B6 and A, Magnesium, Potassium, and Fiber.
- **Carrots:** Carotenoids. High carotenoid intake has been linked to a decrease in cancer.
- **Celery:** Vitamin C (immune system vitamin), Phthalides Compounds (relaxes muscles of the arteries and reduces stress hormones).
- **Cheese:** Calcium, Protein, Vitamins B, B2, B12, Zinc.
- **Cantaloupe:** Good source of Beta-Carotene, and also a good source of Potassium and Vitamin C.
- **Honey Dew:** Calcium and Vitamin C. One cup provides 10 milligrams of Calcium, about 10 percent of an adult's daily requirement with just 60 calories.
- **Bananas:** Vitamin C, Potassium, Phosphorus, and Vitamin A.
- **Pears:** Calcium, Potassium, Phosphorus, and Vitamin A.
- **Apples:** Calcium, Potassium, and Vitamin A.

## Using the Saladmaster® Machine

This precision engineered, superbly constructed kitchen utensil is a handy, simple-to-use machine allowing you to slice and grate all types of foods including vegetables, fruits, nuts, crackers, cheese, hard sausage, shrimp and various meats.

Easy to turn, this manually operated food cutter allows you to have complete control over the speed of the device and the size of the processed pieces of food. It features a heavily chrome plated base and hopper... guaranteed not to chip, peel or pit. The five cutting cones are constructed of stainless steel for everlasting beauty and protection. Under normal use, your Saladmaster® Machine should provide a lifetime of superb service.

### Get started by following these simple steps:

- Before first use, thoroughly wash unit. See "Cleaning" on page 5.
- Attach suction cups to feet, pushing cups up on feet as far as possible.
- Position base onto work surface and press down to establish suction cups firmly. Surface being used must be a non-porous type such as formica. To loosen suction cups from work surface, simply lift edges of suction cups with your finger. Do not forcibly pull suction cups loose.
- Place hopper onto the base. Slide food guide onto top of hopper. The food guide helps to position foods properly against the cone to ensure the best cutting results.

**CAUTION:** As with any precision cutting instrument, the edges of the cutting cones are very sharp. Use extreme care when handling.

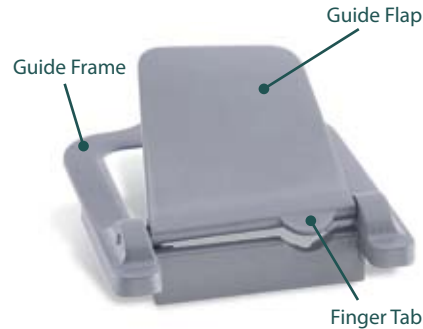
- To attach cutting cones, place center hole in cone on center pin of clutch plate. Turn handle clockwise to engage disk lugs into six holes of cone. Check to make sure handle turns easily and cone is secure. To remove cone, reverse procedure.
- Place a bowl directly under the slicing cone to catch food.
- Feed foods with fingertips, anchoring thumb and little finger on the sides of the hopper. Do not feed with thumbs, palm of hand, or "baseball bat" grip. Push food through cone using constant pressure while turning the handle to activate the cutting mechanism. Always use fresh, crisp foods.
- Thoroughly clean after each use. See "Cleaning" on page 5.

## Food Guide Use and Care

The food guide is an improved product feature that enables precise cuts of fruits and vegetables.

### Features Include:

- Flap to guide food directly against cutting cone at the correct angle to ensure the best cutting results
- Easy attachment to the hopper of the food cutter
- Finger tab to easily lift guide flap
- Easy to clean
- Dishwasher safe (top rack only)



## Get started by following these simple steps:

For best results, always select fresh, crisp fruits and vegetables for cutting.

- Before first use, thoroughly wash in warm, soapy water. Rinse and dry.
- Make sure that there is no cutting cone attached to the food cutter.
- Attach food guide by aligning it to top edge of the hopper and sliding it securely into position. Food guide should snap into place and fit snugly. (Figure A)
- Attach cutting cone of choice to the food cutter. (Figure B)
- To cut foods, raise the guide flap by pressing the finger tab and place food into the hopper. (Figure C) Use the guide flap to guide the food against the cutting cone. To ensure even cuts, apply constant, gentle pressure while turning the food cutter handle. (Figure D)



Figure A



Figure B



Figure C

## Baby Foods

It is vital to a babies' health that they be fed properly...that they receive a wide variety of fruits and vegetables to get the vitamins and minerals required each day for proper growth. With the Saladmaster® Machine, it is easy to give your baby fresh foods that have not lost important nutrients due to canning and air exposure.

Use the No. 1 – Shredder for preparing such foods for a young baby... and the No. 2 – Stringer when preparing junior foods.

## Canning

Many people still enjoy good, old-fashioned home canned foods. The Saladmaster® Machine prepares foods more attractively for canning and saves many hours of work over the old hand cutting methods. In addition to reducing work time, the Saladmaster® Machine will save food as well, as peeling is unnecessary. Not peeling away the skins of fruits and vegetables allows you to retain the healthful, body building vitamins and minerals.

Because the Saladmaster® Machine is so quick and easy to use, it also saves you time and energy. The combination of all of these efficiencies allows you to take advantage of the monetary savings possible through home canning of plentiful fruits and vegetables.

- **Beets for relish:** No. 1 – Shredder or No. 2 – Stringer.
- **Beets for regular canning:** No. 3 – French Fryer.
- **Beets for pickling:** No. 5 – Waffler or No. 4 – Thin Slicer.
- **Corn or cucumbers for relish:** No. 2 – Stringer.
- **Cucumbers for pickles:** No. 4 – Thin Slicer.
- **Cabbage for sauerkraut or cole slaw:** No. 4 – Thin Slicer.
- **Onions/cabbage for Chow Chow:** No. 2 – Stringer.
- **Watermelon for sweet pickles:** No. 3 – French Fryer.
- When canning, you can use any of the cutting cones, but the No. 5 – Waffler is recommended for the extra show and beauty it brings to canned foods. There are thousands of uses for the Saladmaster® Machine. *Just let your imagination be your guide.*

## No. 4 – Thin Slicer

Ideal for potato chips, carrot curls, coleslaw, or any other food to be thinly sliced.

- **Radishes, carrots:** Fill hopper with radishes and feed carefully with finger tips. For carrot curls, lay carrot flat across cutting cone and press firmly.
- **Onions, pickles:** For hamburgers or other sandwiches where very thin slices are desired. Best results are obtained if onion is peeled, cut in half, and outside is placed next to cutting cone.
- **Sauerkraut, cole slaw:** Cut cabbage into halves or quarters and remove the core. To create delicate, lacy shreds, cut the cabbage with the leafy side toward the cone.
- **Cucumber, squash, celery:** Great for salads, soups, and a variety of cooking needs.



## No. 5 – Waffler

For fancy waffled cuts of fruits and vegetables.

This cone creates thicker cuts than the No. 4 – Thin Slicer.

- **Potatoes:** Do not peel. Simply cut and fry to a golden brown. Sweet potatoes, which must first be peeled, are also excellent when waffled.
- **Apples:** Cut apple in half and remove core. Slice, cook, and serve.
- **Pickled beets:** cook, slice, and then pickle. Excellent for canning.
- **Bananas:** Fast and attractive slices for fruit salads, desserts, or a delicious yogurt parfait.
- **Carrots:** No need to peel. Simply slice and cook...or use in an attractive garden salad.



- To vary the cut, you may place the food firmly against the back edge of the food guide, rather than placing it inside the hopper. Place the food upright for short cuts or at an angle for elongated cuts. To ensure even cuts, apply constant, gentle, downward pressure to the food while turning the food cutter handle. (Figure E)



Figure D

- To remove the food guide, first remove the cutting cone from the food cutter. Next, gently lift the front edge of the guide frame and slide the food guide off of the hopper. Be sure to slide it parallel to the top edge of the hopper until it is completely removed. DO NOT twist or pull the food guide off of the food cutter.



Figure E

- Thoroughly clean after each use.

**CAUTION:** When using the food cutter, be sure to keep fingers away from the cutting edge. As with any precision cutting instrument, the edges of the cutting cones are very sharp. Use extreme care while handling.

## Cleaning

Before first use and after each subsequent use, thoroughly clean the unit with a damp, soapy cloth and rinse with warm water. To retain the mirror-like finish, dry with a soft cloth. Similar to any high quality cutlery, dishwasher use is not recommended as the harsh detergents can dull the cutting cones and the overall finish of the unit.

To remove the hopper section for cleaning, hold the base securely and lift hopper section up and to the left. It should slide off of the base. It is not advisable to immerse the hopper portion of your Saladmaster® Machine in water. Clean as directed above.

To clean food guide and suction cups simply wipe a damp, soapy cloth and rinse with warm water.

Cutting cones are easily cleaned by holding them under warm running water immediately after use. Do not leave cutting cones in water or stack them together when wet. Leave them to drip-dry separately or dry them with a soft cloth.

**CAUTION:** As with any precision cutting instrument, the edges of the cutting cones are very sharp. Use extreme care when handling.

## Cutting Cones

For your convenience and ease of use, the cone number is stamped on the base of each cone.

**CAUTION:** As with any precision cutting instrument, the edges of the cutting cones are very sharp. Use extreme care when handling.



## No. 1 – Shredder

For finely shredded foods and for grating hard foods such as cheese, dry or toasted bread, crackers, or nuts.

- **Beets, carrots, turnips, potatoes:** Do not peel. The shredder cutting cone will prepare food so that peeling or scraping is not necessary.
- **Crackers, dry bread:** Fill hopper and easily grate crumbs for desserts, fish, poultry, or oyster dishes.
- **Celery:** Shredded celery is excellent for soups or salad dressings. Place string side toward hopper to eliminate strings.
- **Frozen foods:** Shred frozen fruit while still frozen for sundaes, desserts, etc.
- **Lemons, limes, oranges:** Use the outside layers of these fruits to create the perfect, most flavorful zest.
- **Cheese:** Shred for salads, soups, and tacos.



## No. 2 – Stringer

For cutting foods into medium-size “strings.” Cuts considerably larger than shredder, but smaller than French fry cut.

- **Onions:** Remove skin and cut onions in half for best results, placing outside of onion toward the hopper.
- **Carrots:** Do not peel. Cut into shoestrings for salads and waterless cooking.
- **Cheese:** Cuts into “macaroni-size” pieces for salads, pizza, or flavoring other dishes.
- **Apples:** To peel apples or other fruits, place peeling side toward the hopper. Serve apple with peel left on for more healthful, appetizing, and eye-appealing dishes.
- **Potatoes:** Create quick and easy hash browns.



## No. 3 – French Fryer

Designed for potatoes and other firm vegetables which become the perfect size for fast cooking.

- **Carrots, beets, turnips:** Perfect cut for waterless cooking and when preparing beets for canning.
- **Fruit:** Fresh pears, apples, or peaches can now be attractively prepared. Apples are excellent for Waldorf salads and pies, with each slice having a colorful peeling tip.
- **Melon:** Cut melon, papaya, and avocados into fourths or eighths and feed them into the hopper with the skin toward the hopper.
- **Potatoes:** Oven-baked French fries.

