

Making juice!

Making juice at home is easy and economical. Here are some useful, practical tips to help you get the most out of your juicer.

1. Extracting juice

Fill the water pot with water and place the juice and berry containers on top. Rinse the berries and lightly fill the berry container. You can if you wish sprinkle sugar among the layers of berries at this stage. Place the lid on top and put the juicer on the stove. Set the cooker to high to begin with but reduce the heat as soon as the water begins to boil. Make sure that the pot does not boil dry and that the water remains boiling.

The best way to discover the right setting is by trial and error.

A good hint

As the juice begins to form, draw off the first litre or so and pour it straight back over the berries. This will even out the sweetness and break up the berries, thus speeding up the juicing process.

Draw off the hot juice into carefully washed bottles (preheated for about 30 minutes in an oven set to 120°C) and seal immediately with rubber caps sterilised in boiling water.

You can if you prefer add the sugar to the ready juice, but you must then boil the juice up again before bottling.

Water check

Make sure the water pot does not boil dry! The juicing process will be faster with ripe, juicy berries, so check to see how the juice is forming. Be careful not to let the juice spill over.

2. Making purées

A quick way to make purées is to steam the berries and fruit first to soften them up. Fruit will soften even faster if chopped into pieces before steaming. Otherwise proceed as for juice extraction. Once soft, the fruit and berries can be put through a food press or blender. Add any juice that forms during steaming to the purée.

3. Other hints

The lid of your Mehu-Liisa also fits the water pot, which means you can use the pot as a normal saucepan to cook anything you like. You therefore have a good-sized pot for e.g.

- making soups
- cooking a whole chicken

With the addition of a stopper your Mehu-Liisa steam cooks

- vegetables to be frozen
- complete meals with full natural flavours, vitamins, and minerals
- fish and other seafood
- potatoes for mashing
- make applesauce
- steam breads and puddings
- fresh corn on the cob

