

READ BEFORE USE

使用前阅读

Visit www.hamiltonbeach.cn for our complete line of products and Use and Care Guides – as well as delicious recipes, tips, and to register your product online!

有关我们所有系列产品的，使用与维护指南 – 以及美味食谱、生活小贴士和产品在线注册的更多信息，请访问 www.proctorsilex.cn。

Questions?

Please call us – our friendly associates are ready to help.
China: 400-852-2655

如有疑问？

请致电我们，我们的团队随时准备为您提供帮助。

中国大陆客服热线：

400-852-2655

官方网站：www.proctorsilex.cn

型号：70935-CN

此说明书中图片仅供参考，产品以实物为准。

使用产品前请仔细阅读本使用说明书，并妥善保管。

Proctor Silex®



4 in 1 Spiralizer 螺旋蔬果切丝器

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons, including the following:

1. **R**ead all instructions.
2. **T**his appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning the use of the appliance by a person responsible for their safety.
3. **T**his appliance should not be used by children, and care should be taken when used near children. **C**hildren should be supervised to ensure that they do not play with the appliance.
4. **K**eeP the appliance and its cord out of reach of children.
5. **A**lways disconnect the appliance from the power supply if it is left unattended and before assembling, disassembling, or cleaning.
6. **D**o not use your spiralizer if any part is broken.
7. **T**o protect against risk of electrical shock, do not put motor unit, cord, or plug in water or other liquid.
8. **A**void contacting moving parts.
9. **K**eeP hands and utensils away from moving cones while processing food to reduce the risk of severe personal injury and/or damage to the appliance. **A** rubber scraper may be used but **ONLY** when the spiralizer is not running.
10. **T**he use of attachments not recommended or sold by the appliance manufacturer for use with this model may cause fire, electric shock, or injury.
11. **B**lades are sharp; handle cones with care. Store out of reach of children.
12. **D**o not use over a stove or other heat source.
13. **D**o not use outdoors.

14. **D**o not let cord hang over edge of table or counter.
15. **D**o not let cord contact hot surfaces, including the stove.
16. **D**o not place appliance on or near a hot gas or electric burner, or in a heated oven.
17. **U**nplug from socket when not in use, before approaching, putting on or taking off parts, and before cleaning.
18. **D**o not operate any appliance with a damaged supply cord or plug, or after the appliance malfunctions or has been dropped or damaged in any manner. **S**upply cord replacement and repairs must be conducted by the manufacturer, its service agent, or similarly qualified persons in order to avoid a hazard. **C**all the provided customer service number for information on examination, repair, or adjustment.
19. **N**ever feed food by hand. **A**lways use food pusher.
20. **O**perating time cannot exceed 3 minutes per use.
21. **T**o reduce the risk of injury, never place cones on base without first putting cone holder properly in place.
22. **D**o not attempt to defeat the food chute interlock mechanism.
23. **B**e certain cover is locked in place before operating appliance.
24. **D**o not use appliance for other than intended purpose.
25. **CAUTION!** In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.

SAVE THESE INSTRUCTIONS

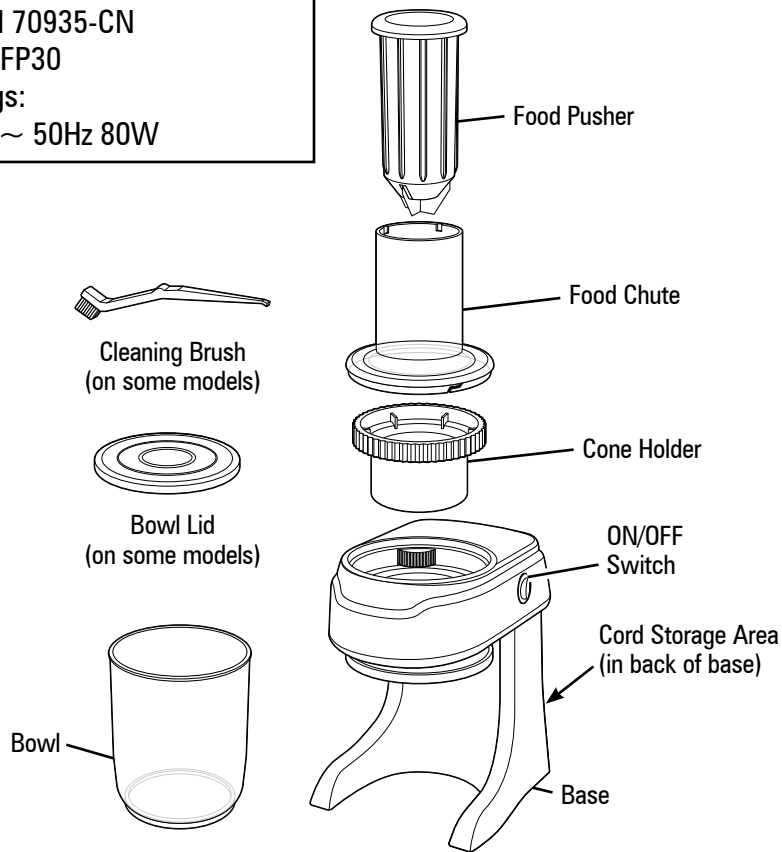
Other Consumer Safety Information

This appliance is intended for household use only.

The length of the cord used on this appliance was selected to reduce the hazards of becoming tangled in or tripping over a longer cord. If a longer cord is necessary, an approved extension cord may be used. The electrical rating of the extension cord must be equal to or greater than the rating of the appliance. Care must be taken to arrange the extension cord so that it will not drape over the countertop or tabletop where it can be pulled on by children or accidentally tripped over.

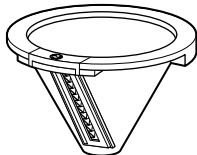
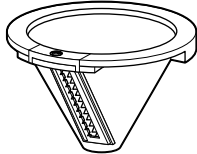
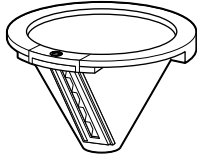
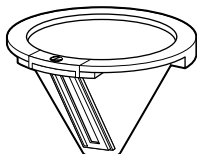
Parts and Features

Model 70935-CN
 Type: FP30
 Ratings:
 220V ~ 50Hz 80W



BEFORE FIRST USE: Wash all parts except the base before first use. See "Cleaning and Storage" instructions.

The Spiralizer has 4 different cutting cones. Cones may vary by model.

CONE	USE
	Rounded Grating Blade*: Makes continuous spaghetti-shaped noodles.
	Thin Julienne Blade*: Makes continuous linguini-shaped noodles.
	Thick Julienne Blade*: Makes continuous fettuccine-shaped noodles.
	Ribbon Blade*: Makes continuous wide cuts.

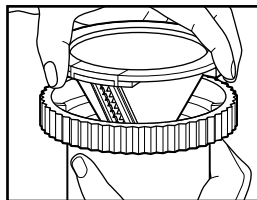
See the Foods to Spiralize for more information.

How to Assemble

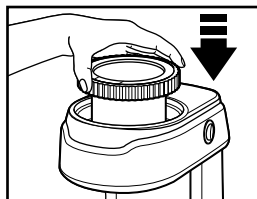
⚠ CAUTION Cut Hazard.

- Blades are sharp; handle cones with care.
- Inspect parts before use. Do not use if parts are cracked, bent, or damaged.
- Do not place fingers or utensils into the cones while in use.

1. With the pointed end of cone down, place selected cone into cone holder. Ensure that the cone is level inside the cone holder. Tabs must be inserted between notches.



2. Place cone holder with inserted cone into the base.



3. Place food chute onto base. Turn food chute clockwise until it locks into place.

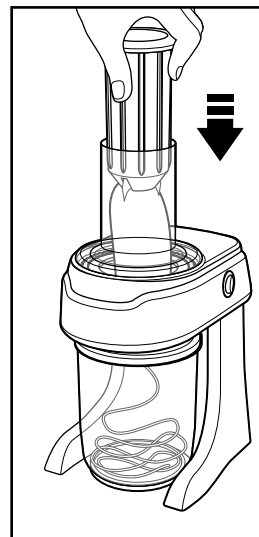


4. Slide the food pusher into the food chute.

5. Place processing bowl between the feet of the base.

How to Spiralize





1. Plug into outlet.
2. Place the food in center of the food chute. Process only one piece of food at a time.
3. Press food pusher grip securely into food by pushing down on the food pusher.
4. Turn on the Spiralizer.
5. Apply light, constant pressure to food pusher while processing food. Allow the food pusher and motor to work at their own pace.
6. Keep processing until food stops being cut. About 1 inch (2.5 cm) of food will always remain unprocessed.
7. Remove the small cone-shaped piece of food left on the food pusher grip. Use as a snack or add to stock, soup, or salads.
8. Check cone before spiralizing more food. If pulp is caught in cone, clean with the brush and rinse.
9. Unplug.



NOTES:

- If grip is spinning on top of food, the food pusher has lost its grip on the food. Stop the motor. Remove the food, cut a flat edge on the food, and try again.
- Pressing harder will not speed up the process or make the Spiralizer cut better. The cone and cone holder turn, not the food.
- Do not lift up the food pusher during processing. This can cause the food pusher to lose its grip on the food.

Foods to Spiralize

Type 	<ul style="list-style-type: none">• Choose firm vegetables and fruits such as apples, carrots, beets, butternut squash, cucumbers, jicama, pears, parsnips, potatoes, rutabaga, sweet potatoes, turnips, yellow squash, zucchini.• Avoid soft or overripe foods.
Size 	<ul style="list-style-type: none">• Select foods that are at least 1 inch (2.5 cm) in diameter.• Small foods like radishes will spiralize but will not yield a great amount.• Large-diameter foods should be trimmed to fit the chute.
Shape 	<ul style="list-style-type: none">• Symmetrical solid foods are the best choice.• Foods that are hollow like bell peppers or with multilayers such as onion and leeks are not good choices for spiralizing.
Prep 	<ul style="list-style-type: none">• Peel any tough skin; remove stems, seeds, and pits.• Cut or trim large items to fit the diameter of the food chute.• Any length of food can be spiralized.

Successful Spiralizing

1. Start by choosing the best foods for spiralizing. See the list at left. Here is a general rule: think about what foods will work on a manual food grater. If you can grate a food, it should spiralize well.
2. Solid fruits or vegetables work better than those that have seeds. Seeds get caught in the blade and will not make uniform spirals. For vegetables such as butternut squash, use the solid part and save the end with seeds for another use.
3. Size does matter. The best foods for spiralizing are the ones that most closely fit the size of the food chute.
4. When making ribbons, symmetrical foods (like zucchini or cucumbers) will give better results. Large foods can be cut to fit the food chute but ribbons may not be as uniform or pretty.
5. Scrub or peel your veggies and fruit before spiralizing. When practical, you should peel the food. Peels add to the pulp that can get caught in the blade. Zucchini, yellow squash, cucumbers and apples are examples that you could leave unpeeled.
6. Center the item in the Spiralizer for more even cutting. Foods that are held vertically with the food pusher will give the best results.
7. Apples, pears, and potatoes are examples of foods that turn brown quickly when cut. Sprinkle fruit with lemon juice and place potatoes in water until ready to use. Be sure to pat dry thoroughly with paper towels.
8. Spiralized fruit and veggies can be eaten raw or cooked. Most noodles can be stored 2 to 3 days in the refrigerator in covered containers.
9. Dry the noodles with paper towels before serving or if you decide to blanch them in water to avoid watery sauces. Reduce sauces before topping vegetable noodles to prevent thinned-down sauces.
10. Spiralized vegetables and fruit will be processed in very long strands. Use a knife or scissors to cut the vegetables into serving-size pieces.
11. Use tongs or a pasta fork to serve the noodles.
12. The leftover piece from processing can be eaten as a snack or saved to use in soups, sauces, or salads.

Cleaning and Storage

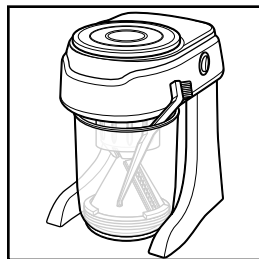
⚠️ WARNING Electrical Shock Hazard.

Disconnect power before cleaning. Do not immerse Spiralizer, cord, or plug in any liquid.

⚠️ CAUTION Cut Hazard.

Blades are sharp; handle cones with care.

1. Unplug. Disassemble the Spiralizer by removing the food pusher from the food chute.
2. Turn food chute counterclockwise until it unlocks from the base.
3. Carefully remove the cone from the cone holder by pushing upward from the bottom of the cone to avoid contact with the blade. Remove cone holder from the base.
4. Wipe base with a damp cloth. Never place in water or rinse under running water or other liquid.
5. Wash container, food pusher, lid, and cones in hot, soapy water or place in top rack of the dishwasher. To prevent injury from blades in cones, never place cones in sink of soapy water where they are not visible.
6. Use the brush to clean the cones. Rinse and dry.
7. For storage, place cones point-side up in bowl and flip the food chute upside down into the base. Insert pusher into chute. For models with bowl lid, store cones in bowl and place lid on top of food chute and pusher.



Troubleshooting

Unit will not turn on.

- Food chute is not locked in place. Ensure that the cone is level inside the cone holder. Tabs must be inserted between notches. Place food chute onto base. Turn clockwise until it locks into place.
- This machine is equipped with motor overload protection. If the motor stops during operation due to overheating, unplug and allow it to cool down for 15 minutes. Plug machine back in to resume normal operation.

No food is coming out of the cone.

- The food pusher grip is not securely pressed into the food. Press firmly and make sure grip is inserted into food. If grip is spinning on top of food, the food pusher has lost its grip on the food. Stop the motor. Remove the food, cut a flat edge on the food, and try again.

Excessive force is required to process food or no food is coming out of the cone.

- Pulp has clogged the blade. Carefully remove cone as directed in the “Cleaning and Storage” section. Clean with the brush and try again. Or, the food pusher has lost its grip on the food. See above.

Food won't spiralize. Food mashes or breaks apart.

- Some soft or overripe foods may not be suitable for spiralizing. Choose firm foods. See Foods to Spiralize on page 7 for suggestions. A success tip is to think of foods that can be grated on a manual food grater. If a food can be grated, it is appropriate for spiralizing.
- Not pressing hard enough or pressing too hard. Apply light, constant pressure to food pusher while spiralizing. Allow the Spiralizer to work at its own pace. **NOTE:** Pressing harder will not speed up the process or make the Spiralizer cut better.
- Food is not centered in the food chute. Stop the motor. Cut a flat edge and try again. Best results occur when the food most closely fits the size of the food chute and when it is held vertically with the food pusher securely inserted in the end, not allowing the food to fall over on its side.

Recipes

Suggested Cone: Rounded Grating Blade

Lemon Garlic Shrimp and Veggie Pasta

Ingredients:

2 large zucchini
2 large yellow squash
2 large thick carrots, peeled
3/4 cup (177 ml) butter
4 cloves garlic, minced
1 tablespoon (15 ml) cornstarch
1/2 cup (118 ml) chicken broth plus 2 tablespoons (30 ml), divided
1 pound (454 g) (20 to 24 count) peeled and deveined shrimp
1/4 cup (59 ml) lemon juice
1 teaspoon (5 ml) salt
1/2 teaspoon (2.5 ml) coarse black pepper
2 tablespoons (30 ml) drained capers
1 teaspoon (5 ml) lemon zest
Chopped fresh parsley

Directions:

1. Using a Spiralizer, make spirals of zucchini, yellow squash and carrots.
2. Fill a large saucepan two-thirds full of water. Over high heat, boil water. Add zucchini, yellow squash and carrots spirals. Cook until tender, about 15 seconds. Drain and cover to keep warm.
3. In a large skillet over medium-high heat, melt butter. Add garlic and cook until tender, 1 to 2 minutes.
4. In a small bowl, dissolve cornstarch in 2 tablespoons (30 ml) chicken broth. Add to skillet with shrimp, remaining chicken broth, lemon juice, salt and black pepper. Cook until shrimp are opaque throughout and sauce is thickened, about 2 minutes.
5. Stir in capers and lemon zest. Serve over veggie pasta.
6. Sprinkle with parsley before serving.

Serves: 4–6

Potato and Egg Nests

Ingredients:

1 large (10 ounces [285 g]) potato
2 tablespoons (30 ml) finely chopped onion
1 tablespoon (15 ml) vegetable oil
1/4 teaspoon (1.3 ml) salt
1/4 teaspoon (1.3 ml) ground black pepper
2 large eggs
Chopped chives
Coarse black pepper

Directions:

1. Heat oven to 400°F (204°C).
2. Using a Spiralizer, cut potato in spirals. Place potato spirals in paper towels and squeeze out the moisture. Repeat until potato spirals are dry.
3. Place a small (6 1/2-inch [16.5-cm]) cast iron skillet in the oven to heat for 10 minutes.
4. In the meantime, in a large bowl, stir potato spirals, onion, vegetable oil, salt and ground black pepper until well blended.
5. Spray hot skillet with nonstick cooking spray. Add potato mixture to skillet and move mixture up the side.
6. Bake until the edge is slightly brown and crisp, 23 to 25 minutes. Remove from oven and add eggs to the potato mixture.
7. Bake until eggs are cooked to desired doneness, an additional 10 to 12 minutes. Garnish with chopped chives and coarse black pepper.

Serves: 1–2

Recipes (cont.)

Suggested Cone: Thin Julienne Blade

Thai Vegetable and Chicken Salad

Ingredients:

- 1 large cucumber
- 1 large yellow squash
- 1 large thick carrot, peeled
- 3 cups (710 ml) cooked shredded chicken
- 1 cup (237 ml) toasted sliced almonds
- 1/2 cup (118 ml) fresh cilantro, chopped
- 1/3 cup (79 ml) fresh basil, cut in strips
- 2 tablespoons (30 ml) sesame oil
- 2 tablespoons (30 ml) fish sauce
- 2 tablespoons (30 ml) rice vinegar
- 2 tablespoons (30 ml) soy sauce
- 2 cloves garlic, minced
- 2 teaspoons (10 ml) grated ginger
- 2 teaspoons (10 ml) honey
- 1/2 teaspoon (2.5 ml) dried crushed red pepper
- 1/2 teaspoon (2.5 ml) coarse black pepper

Directions:

1. Using a Spiralizer, make spirals of cucumber, squash and carrot; set aside. In a large bowl, stir together cucumber, squash, carrot, chicken, almonds, cilantro and basil.
2. In a small bowl, stir oil, fish sauce, vinegar, soy sauce, garlic, ginger, honey, crushed red pepper and black pepper until well blended. Pour over vegetable mixture and toss until well blended.
3. Cover and refrigerate several hours for flavors to blend or until ready to serve.

Serves: 4

Garden Pasta

Ingredients:

- 2 medium zucchini
- 2 medium yellow squash
- 2 tablespoons (30 ml) olive oil
- 1 clove garlic, minced
- 2 large tomatoes, diced
- 2 tablespoons (30 ml) chopped fresh basil
- 1 tablespoon (15 ml) balsamic vinegar
- 1 teaspoon (5 ml) salt
- 1/2 teaspoon (2.5 ml) coarse ground black pepper
- 1/4 teaspoon (1.3 ml) crushed red pepper, optional

Directions:

1. Using a Spiralizer, make spirals of zucchini and yellow squash.
2. Fill a large saucepan two-thirds full of water. Over high heat, boil water. Add zucchini and yellow squash spirals. Cook until tender, about 15 seconds. Drain and cover to keep warm.
3. In large skillet over medium-high heat, cook garlic in olive oil until tender, about 3 minutes.
4. Add tomatoes, basil, vinegar, salt and peppers. Cook just until tomatoes are heated through.
5. Serve over vegetable pasta.

Serves: 4–6

Recipes (cont.)

Suggested Cone: Thick Julienne Blade

Zucchini Noodles With Salsa and Feta

Ingredients:

4 medium zucchini
1 tablespoon (15 ml) olive oil
1 large onion, chopped
2 cloves garlic, chopped
4 pounds (1.8 kg) plum tomatoes, cored and chopped
1 small jalapeno pepper, chopped
1 teaspoon (5 ml) salt
1/2 teaspoon (2.5 ml) cumin
1/2 teaspoon (2.5 ml) coarse black pepper
1/2 cup (118 ml) fresh cilantro, chopped
3 ounces (85 g) feta cheese, crumbled

Directions:

1. Using a Spiralizer, make spirals of zucchini; set aside.
2. In a large skillet over medium-high heat, heat oil. Add onion and garlic. Cook until tender, 1 to 2 minutes.
3. Add tomatoes, jalapeno, salt, cumin, black pepper and cilantro. Cook until tomatoes are tender, about 5 minutes.
4. Fill a large saucepan two-thirds full of water. Over high heat, boil water. Add zucchini spirals. Cook until tender, about 15 seconds.
5. Drain and arrange on plates.
6. Top with warm salsa and sprinkle with feta cheese.

Serves: 4–6

Recipes (cont.)

Suggested Cone: Ribbon Blade

Beets With Orange and Goat Cheese Salad

Ingredients:

2 pounds (907 g) fresh beets (about 6 medium), peeled
3 teaspoons (15 ml) salt, divided
6 tablespoons (89 ml) fresh orange juice
1/2 cup (118 ml) vegetable oil
2 tablespoons (30 ml) rice vinegar
2 tablespoons (30 ml) honey
1 tablespoon (15 ml) fresh thyme leaves
1 clove garlic
1/2 teaspoon (2.5 ml) coarse black pepper
Salad greens
2 medium oranges, sectioned
1/2 cup (118 ml) crumbled goat cheese
1/2 cup (118 ml) chopped walnuts, toasted

Directions:

1. Using a Spiralizer, make ribbons of beets.
2. Fill a large saucepan two-thirds full of water and 2 teaspoons (10 ml) salt. Over high heat, boil water. Add beets and cook until tender, 1 to 2 minutes.
3. Chill in an ice bath. Drain and dry ribbons with paper towels.
4. To make dressing, in a single-serve blender, add orange juice, oil, vinegar, honey, thyme leaves, garlic, 1 teaspoon (5 ml) salt and coarse black pepper. Blend until slightly thickened.
5. On a salad plate, arrange fresh greens, beets and orange segments. Top with goat cheese and toasted walnuts.

Serves: 8

Apple Crumb Tart

Ingredients:

1 refrigerator pie crust, room temperature
1/2 cup (118 ml) all-purpose flour
1/2 cup (118 ml) old-fashioned oats
3 tablespoons (44 ml) packed light brown sugar
2 tablespoons (30 ml) sugar, divided
1 1/4 teaspoons (6.3 ml) ground cinnamon, divided
1/4 cup (59 ml) cold butter, sliced
5 small green apples, peeled and cored

Directions:

1. Heat oven to 425°F (218°C). Line a large cookie sheet with parchment paper. Place the pie crust in the center of the cookie sheet and unroll.
2. In a food processor bowl, combine flour, oats, brown sugar, 1 tablespoon (15 ml) sugar and 1 teaspoon (5 ml) cinnamon by pulsing a few times to blend.
3. With the food processor running, add butter through the food chute and blend until crumbs form. Set aside.
4. Using a Spiralizer, make ribbons of apples. Place apple ribbons in center of pie crust, leaving 1 1/2 inches (3.8 cm) around the edge.
5. In a small bowl, stir remaining 1 tablespoon (15 ml) sugar and 1/4 teaspoon (1.3 ml) cinnamon until blended. Sprinkle over apples.
6. Fold 1 1/2-inch (3.8-cm) crust up around apple ribbons, pinching while folding. Top apple ribbons with reserved crumb mixture.
7. Bake until crust and crumb topping are browned, 25 to 30 minutes.

Serves: 8

重要安全说明

当使用电器时，应始终遵守基本的安全防范措施，以减少火灾、触电和/或人身伤害的风险，包括以下内容：

1. 阅读所有相关说明。
2. 本电器不适合以下人群使用：行动不便者、精神或智商缺陷者、缺少经验和常识者，除非他们在监护人的密切监督和指导下使用，以确保安全。
3. 儿童不可以使用本电器，在儿童附近使用时务必要小心。请勿将本电器用于儿童玩耍。
4. 本电器及其电源线应远离儿童。
5. 如果本电器无人看护时或在组装、拆卸或清洁前，请断开电源线连接。
6. 如果任何部件出现损坏，请勿使用您的螺旋蔬果切丝器。
7. 为防止触电，请勿将电机装置、电源线或插头放入水或其他液体中。
8. 避免接触正在运动的部件。
9. 处理食物时，保存双手和器具远离转动的锥筒刀，以降低严重人身伤害和/或电器损坏的风险。可使用橡胶刮铲，但仅限于螺旋蔬果切丝器未运行时使用。
10. 使用非本电器制造商建议或出售的附件可能会导致火灾、触电或人身伤害。
11. 刀片非常锋利，应小心处理锥筒刀。请远离儿童存放。
12. 请勿在电炉或其他热源上使用。
13. 请勿户外使用。
14. 请勿将电源线搭置在桌台或柜台边缘。
15. 请勿让电线接触热表面，包括电炉。
16. 请勿将电器置于燃气、电炉、热烤箱上面或附近。
17. 当本电器未使用时、安装或拆装部件以及清洁前，需拔掉电源插头。

18. 在下列情况下，请勿使用电器：电源线或插头破损、电器出现故障、电器跌落或已经出现任何形式的损坏。为了避免危险，电源线更换和维修必须由制造商、维修代理商或同等资质的人员进行。请拨打我们的客服电话，咨询有关电器检查、修理或调整的相关信息。
19. 禁止用手送入食材。请务必使用食物推杆。
20. 每次使用的操作时间不能超过 3 分钟。
21. 为了降低受伤风险，在未将锥筒刀座正确放置到位之前，禁止将锥筒刀置于底座上。
22. 请勿尝试破坏送料器联锁机制。
23. 操作电器前，务必确保盖子已安全锁定到位。
24. 请勿将该电器用于非预期用途。
25. **小心！** 为了避免由于热熔断器意外重置导致的危险，本电器禁止通过外接开关设备（例如：定时器）进行供电，或禁止连接到由供电部门定期开启和关闭的电路。

请妥善保管说明书！

其他用户安全信息

本电器建议于家庭使用。

本电器电源线的长度设计考虑减少长电源线缠绕或绊倒的危险。

倘若需要更长的电源线，可使用经认证的电源延长线。电源延长线的额定功率必须等于或大于此电器的额定功率。电源延长线使用时需特别注意，以防将其搭设在工作台或桌面上，造成儿童扯拉或绊倒他人。

部件和功能

型号: 70935-CN

类型: FP30

额定值:

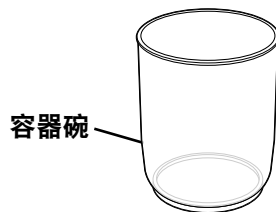
220V~ 50Hz 80W



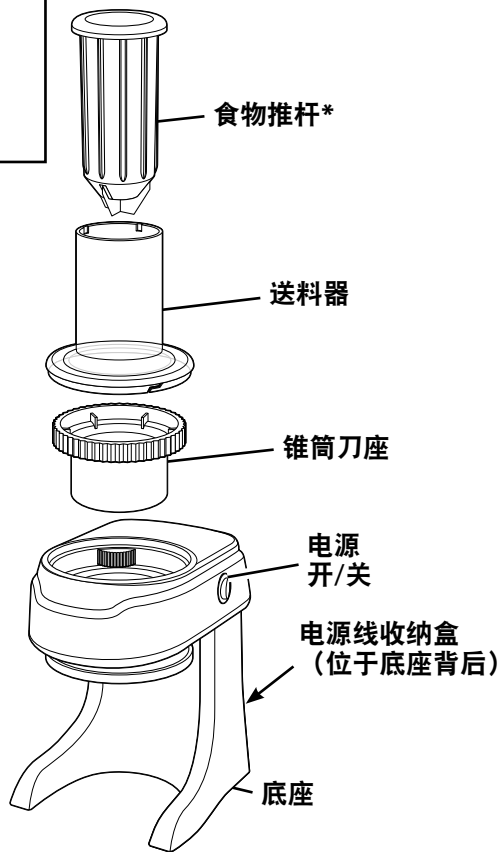
清洁刷
(某些型号有)



碗盖
(某些型号有)



容器碗



首次使用前: 首次使用前, 除底座外, 清洗所有部件。
详见“清洁及存放”说明。

螺旋蔬果切丝器带有4个不同的锥筒刀。
锥筒刀根据型号可能有所不同

锥筒刀	使用
	圆孔切刀片*: 制作连续细圆柱型丝条。
	细条切刀片*: 制作连续窄扁平型丝条。
	粗条切刀片*: 制作连续宽扁平型丝条。
	条带切刀片*: 制作连续宽片。

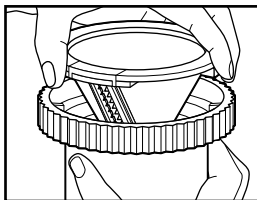
更多信息, 详见“螺旋切丝的食物规格”。

如何组装

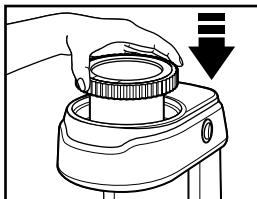
▲ 小心 切伤危险。

- 刀片非常锋利，应小心处理锥筒刀。
- 使用前检查所有部件请勿使用存在碎裂、弯曲或损坏的部件。
- 请勿在使用期间将手指或器具伸入到锥筒刀中。

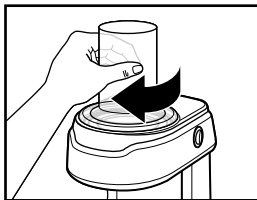
1. 将所选的锥筒刀一端朝下，将其放入锥筒刀座中。确保锥筒刀平稳地放入锥筒刀座中。固定耳必须插入到缺口之间。



2. 将插入锥筒刀的锥筒刀座装入底座中。



3. 将送料器装在底座上。顺时针旋转送料器，直到其固定到位。

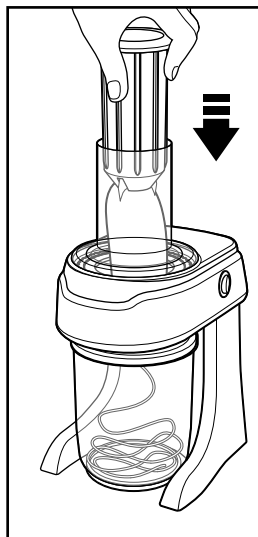


4. 将食物推杆滑入到送料器中。

5. 在底座两脚之间放入容器碗。

如何使用螺旋蔬果切丝器





1. 将插头插入到插座中。
2. 将食物放入送料器的中间位置。一次仅加工一种食物。
3. 通过向下按食物推杆，进而将食物推杆卡爪插入食物中固定。
4. 开启螺旋蔬果切丝器。
5. 加工食物时，对食物推杆施加适中的均衡压力。让食物推杆和电机按其正常的节奏运行。
6. 保持均匀加工直到食物切丝停止。通常约有1英寸（2.5厘米）长的食物剩余未加工。
7. 取出食物推杆卡爪上剩余的小锥形食物。可作为零食或添加到高汤、汤或沙拉中。
8. 再次螺旋切丝食物时，请检查锥筒刀。如果有残渣卡在锥筒刀上，请使用刷子清洁并冲洗。
9. 拔掉电源插头。



注意：

- 如果卡爪在食物上方转动，食物推杆将与食物上的卡爪脱离。此时停止电机。取出食物，将食物上方平切再试。
- 按的越用力，不会加速处理过程，也不会使螺旋蔬果切丝器达到更好的切割效果。不是食物在转动，是锥筒刀和锥筒刀座在转动。
- 操作期间，请勿上提食物推杆。这会导致食物推杆将与食物上的卡爪脱离。

螺旋切丝的食物规格

类型 	<ul style="list-style-type: none">选择较硬的蔬菜和水果，例如：苹果、胡萝卜、甜菜根、南瓜、黄瓜、豆薯、梨、防风草根、土豆、大头菜、红薯、芜菁、黄南瓜、西葫芦。避免使用软或过熟的食物。
大小 	<ul style="list-style-type: none">选择直径至少1英寸（2.5厘米）的食物。小的食物，例如：小红萝卜可以螺旋切丝，但是切出的量不多。太大直径的食物，可以预先切削以适合送料器的尺寸。
形状 	<ul style="list-style-type: none">对称的实心食物最好。空心（例如：甜椒）或多层的（例如：洋葱和青蒜）食物不太适合螺旋切丝。
准备 	<ul style="list-style-type: none">去除任何硬皮、茎、籽和核。将大的食物切削以适合送料器的直径大小。任何长度的食物都可以螺旋切丝。

螺旋切丝小贴士

1. 进行螺旋切丝前，先从选择最佳的食物开始。详见左侧列表。一般规则：首先考虑什么食物适合使用手动刨丝器。如果可以手动刨丝，也适合螺旋切丝。
2. 较硬的水果或蔬菜比那些带籽的效果更好。蔬果籽会堵塞刀片，将产生不均匀的螺旋状。对于蔬菜，如南瓜，仅使用硬的部分，保留带籽的一端用于其他用途。
3. 食物大小很关键。最适合螺旋切丝的食物是其尺寸最接近送料器的大小。
4. 当切条带时，外形对称的食物（例如：西葫芦或黄瓜）效果更好。大的食物可以预切成适合送料器进行加工，但螺旋切出的条带可能没有那么匀称和美观。
5. 螺旋切丝之前，先将蔬菜和水果刷洗并去皮。实际加工时，应将食物去皮。果皮形成的残渣会堵塞刀片。南瓜，黄南瓜，黄瓜和苹果，可以不用去皮。
6. 将食物放入螺旋蔬果切丝器的中心，切割会更均匀。使用食物推杆垂直放入的食物，加工效果最佳。
7. 切苹果、梨和马铃薯时，会很快变褐色。准备使用前，可在切好的水果上喷洒一些柠檬汁，土豆放入水中保存。准备使用时，务必使用厨房用纸巾彻底拍干水份。
8. 螺旋切丝的水果和蔬菜可以生吃或用来烹饪。大多数面条在冰箱密封保存的条件下可以存放2至3天。
9. 食用前将厨房用纸巾将面条拍干，或者过水以去除粘状。倒到蔬菜面上时，少放些酱料，以防止酱料呈现稀释状。
10. 螺旋状切出的蔬菜和水果被加工成很长的条。可以使用餐刀或餐剪将长蔬菜条切成短的适合食用的大小。
11. 吃面时可使用面夹或面叉。
12. 切丝器加工后剩余的部分，可作为零食或添加到高汤、汤或沙拉中。

清洁及存放

▲ 警告 触电危险：

清洁前断开电源。请勿将螺旋蔬果切丝器、电源线或插头浸入任何液体中。

▲ 小心 切伤危险。

刀片非常锋利，应小心处理锥筒刀。

1. 拔掉电源插头。通过从送料器中取出食物推杆，将螺旋蔬果切丝器拆卸。
2. 逆时针旋转送料器将其从底座上释放。
3. 从锥筒刀的底部向上按，避免接触到刀片，小心将锥筒刀从锥筒刀座上取下来。从底座上取下锥筒刀座。
4. 使用湿布擦拭底座。禁止放在水或其他液体中或在自来水下清洗。
5. 在带清洁剂的温水中清洗容器、食物推杆、盖子和锥筒刀，也可在洗碗机的上层架上清洗。为了防止被锥筒刀的刀片划伤，禁止将锥筒刀浸入不透明带清洁剂的温水中清洗。
6. 使用刷子清洁锥筒刀。冲洗，然后晾干。
7. 存放时，将锥筒刀的锥尖端朝上放入碗中，把送料器垂直翻转装到底座中。将食物推杆插入到送料器中。对于带有碗盖的机型，将锥筒刀存放在碗中，将盖子盖在送料器和食物推杆上方。



故障排除

本机不启动。

- 送料器未固定好。确保锥筒刀平稳地放入锥筒刀座中。固定耳必须插入到缺口之间。将送料器装在底座上。顺时针旋转本机，直到其固定到位。
- 本机配有电机过热保护。在操作期间如果电机因过载而停止，请拔掉电源插头并让机器冷却15分钟。然后再插上机器的电源插头以恢复正常操作。

锥筒刀切不出食物。

- 食物推杆卡爪未卡住食物。用力下压，确保卡爪已插入到食物中。如果卡爪在食物上方转动，食物推杆将与食物上的卡爪脱离。此时停止电机。取出食物，将食物上方平切再试。

加工食物很费力或锥筒刀切不出食物。

- 刀片上有残渣。依照“清洁及存放”章节指导小心取下锥筒刀。使用刷子清洁然后再试。或者，可能是食物推杆将与食物上的卡爪脱离。详见以上说明。

食物切不出来。食物被捣烂或破裂。

- 某些软或过熟的食物可能不适合螺旋切丝。选择较硬的食物。有关建议，详见第7页的“螺旋切丝的食物规格”最好首先考虑食物是否适合使用手动刨丝器进行加工。如果可以手动刨丝，也适合自动螺旋切丝。
- 按压时不要太大力，也不要太用力。螺旋切丝食物时，对食物推杆施加适中的均衡压力。让螺旋蔬果切丝器按其正常的节奏进行工作。**注意：**按的越用力，不会加速处理过程，也不会使螺旋蔬果切丝器达到更好的切割效果。
- 食物未放置在送料器中心。此时停止电机。将食物上方平切再试。以下情况下加工效果最佳，当食物最接近送料器的大小，并且食物推杆已稳固插入到位，食物保持垂直，食物未侧倒放置。

食谱

建议使用的锥筒刀：圆孔切刀片

柠檬蒜虾仁素食意面

食材：

- 2个大西葫芦
- 2个大黄南瓜
- 2个细胡萝卜，去皮
- 3/4杯（177毫升）黄油
- 4个蒜瓣，剁碎
- 1汤匙（15毫升）玉米淀粉
- 1/2杯（118毫升）鸡汤 + 2汤匙（30毫升），分开
- 1磅（454克）（20至24个）去皮去肠线虾
- 1/4杯（59毫升）柠檬汁
- 1茶匙（5毫升）盐
- 1/2茶匙（2.5毫升）粗黑胡椒粉
- 2汤匙（30毫升）淋干的刺山柑
- 1茶匙（5毫升）柠檬皮
- 新鲜切碎的香芹

制作方法：

1. 使用螺旋蔬果切丝器，将西葫芦、黄南瓜和胡萝卜切成螺旋状。
2. 在一个大的长柄锅中注入约其容量三分之二的水。大火加热，将水煮沸。放入螺旋状的西葫芦、黄南瓜和胡萝卜丝。煮大约15秒，直到鲜嫩。淋干水，然后盖住保温。
3. 在一个大平底煎锅中，中高火融化黄油。放入大蒜，嫩炒烹饪大约1至2分钟。
4. 在一个小碗中，用2汤匙（30毫升）鸡汤溶解玉米淀粉。连同准备好的虾、其他的鸡汤、柠檬汁、盐和黑胡椒粉一起放入到平底煎锅中。烹饪约2分钟，直到虾仁不再透明且酱料变稠。
5. 拌入刺山柑和柠檬皮。倒在素食意面上一起食用。
6. 食用前撒些香芹。

份量：4-6

土豆蛋窝

食材：

- 1个大（10盎司[285克]）土豆
- 2汤匙（30毫升）切碎洋葱
- 1汤匙（15毫升）植物油
- 1/4茶匙（1.3毫升）盐
- 1/4茶匙（1.3毫升）黑胡椒粉
- 2个大鸡蛋
- 少许葱花
- 粗黑胡椒粉

制作方法：

1. 将烤箱加热至400°F (204°C)。
2. 使用螺旋蔬果切丝器将土豆切成螺旋状。将螺旋状土豆丝放在厨房用纸巾上，挤出水分。重复此操作，直到螺旋状土豆丝水分去除。
3. 将一个小（6 1/2英寸 [16.5厘米]）铸铁锅放在烤箱上加热10分钟。
4. 同时，在一个大碗混合拌入螺旋状土豆丝、洋葱、植物油、盐和粗黑胡椒粉，混合均匀。
5. 向热铁锅中喷洒不粘锅喷雾蔬菜油。将拌好的土豆混合料添加到铁锅中，并将混合料在锅中摊平。
6. 烘烤约23至25分钟直到边缘变成微黄脆嫩。从烤箱中取出铁锅，把鸡蛋添加到土豆混合料中。
7. 烘烤约10至12分钟直到鸡蛋达到所需的熟度。可搭配葱花和粗黑胡椒粉进行装饰和调味。

份量：1-2

食谱 (续)

建议使用的锥筒刀：细条切刀片

泰式蔬菜鸡肉沙拉

食材：

- 1个大黄瓜
- 1个大黄南瓜
- 1个大细胡萝卜，去皮
- 3杯（710毫升）烹饪好的鸡肉丝
- 1杯（237毫升）烘烤的杏仁片
- 1/2杯（118毫升）新鲜的香菜，切碎
- 1/3杯（79毫升）新鲜罗勒，切成条
- 2汤匙（30毫升）香油
- 2汤匙（30毫升）鱼沙司
- 2汤匙（30毫升）米醋
- 2汤匙（30毫升）酱油
- 2个蒜瓣，剁碎
- 2茶匙（10毫升）姜末
- 2茶匙（10毫升）蜂蜜
- 1/2茶匙（2.5毫升）压碎的干红辣椒
- 1/2茶匙（2.5毫升）粗黑胡椒粉

制作方法：

1. 使用螺旋蔬果切丝器，将黄瓜、南瓜和胡萝卜切成螺旋状，放在一旁备用。在一个大碗里将黄瓜、南瓜、胡萝卜、鸡肉、杏仁和罗勒搅拌混合均匀。
2. 在一个小碗里将油、鱼沙司、醋、酱油、姜末、蜂蜜、压碎的干红辣椒搅拌混合均匀。将其倒入到蔬菜混合料上，搅拌均匀。
3. 密封在冰箱中存放几个小时后搅拌以使其入味或存放直到准备食用。

份量：4

花园意面

食材：

- 2个中等大小的西葫芦
- 2个中等大小的黄南瓜
- 2汤匙（30毫升）橄榄油
- 1个蒜瓣，剁碎
- 2个大番茄，切丁
- 2汤匙（30毫升）切碎的新鲜罗勒
- 1汤匙（15毫升）香醋
- 1茶匙（5毫升）盐
- 1/2茶匙（2.5毫升）粗黑胡椒粉
- 1/4茶匙（1.3毫升）压碎的红辣椒片，可选

制作方法：

1. 使用螺旋蔬果切丝器，将西葫芦和黄南瓜切成螺旋状。
2. 在一个大的长柄锅中注入约其容量三分之二的水。大火加热，将水煮沸。放入切好的螺旋状西葫芦和黄南瓜条。煮大约15秒，直到鲜嫩。淋干水，然后盖住保温。
3. 在一个大的平底煎锅中，采用中高火加热，放入适量橄榄油将蒜瓣炸脆，约3分钟。
4. 放入番茄、罗勒、醋和胡椒粉。烹饪直到番茄完全加热。
5. 倒在素食意面上一起食用。

份量：4-6

食谱（续）

建议使用的锥筒刀：粗条切刀片

辣番茄酱羊干酪西葫芦面

食材：

- 4个中等大小的西葫芦
- 1汤匙（15毫升）橄榄油
- 1个大洋葱，切碎
- 2个蒜瓣，切碎
- 4磅（1.8千克）李子形番茄，去芯切碎
- 1个小青椒，切碎
- 1茶匙（5毫升）盐
- 1/2茶匙（2.5毫升）小茴香
- 1/2茶匙（2.5毫升）粗黑胡椒粉
- 1/2杯（118毫升）新鲜的香菜，切碎
- 3盎司（85克）羊干酪，捏碎

制作方法：

1. 使用螺旋蔬果切丝器，将西葫芦切成螺旋状，放在一旁备用。
2. 开中高火，向平底煎锅中倒入油，加热。添加洋葱和大蒜。嫩炒烹饪大约1至2分钟。
3. 放入番茄、青椒、盐、小茴香、粗黑胡椒粉和香菜。烹饪大约5分钟，直到番茄嫩熟。
4. 在一个大的长柄锅中注入约其容量三分之二的水。大火加热，将水煮沸。放入螺旋状西葫芦条。煮大约15秒，直到鲜嫩。
5. 淋干水，放到盘子上。
6. 在上面倒入热的辣番茄酱，然后再撒些羊干酪。

份量：4-6

食谱 (续)

建议使用的锥筒刀：条带切刀片

橙味山羊芝士沙拉甜菜

食材：

- 2磅 (907克) 鲜甜菜 (约6个中等大小)，去皮
- 3茶匙 (15毫升) 盐，分开
- 6汤匙 (89毫升) 新鲜橙汁
- 1/2杯 (118毫升) 植物油
- 2汤匙 (30毫升) 米醋
- 2汤匙 (30毫升) 蜂蜜
- 1汤匙 (15毫升) 新鲜百里香叶
- 1瓣大蒜
- 1/2茶匙 (2.5毫升) 粗黑胡椒粉
- 沙拉生菜
- 2个中等大小的橙子，切段
- 1/2杯 (118毫升) 捏碎的山羊干酪
- 1/2杯 (118毫升) 烘烤的碎核桃仁

制作方法：

1. 使用螺旋蔬果切丝器，将甜菜切成条带状。
2. 在一个大的长柄锅中注入约其容量三分之二的水，并放入2茶匙 (10毫升) 盐。大火加热，将水煮沸。放入甜菜，嫩炒烹饪大约1至2分钟。
3. 过冰水冷冻。淋水，然后用厨房用纸巾将甜菜片拍干。
4. 制作调料时，在一个单杯果汁中，放入橙汁、油、醋、蜂蜜、百里香叶、蒜，1茶匙 (5毫升) 盐和粗黑胡椒粉。搅拌直到略稠。
5. 在一个沙拉盘上，放入生菜、甜菜及切段的橙子。在上面倒入山羊干酪和烘烤的核桃仁。

份量：8

苹果派蛋挞

食材：

- 1个冷藏的派皮，取出保持室温
- 1/2杯 (118毫升) 中筋面粉
- 1/2杯 (118毫升) 传统燕麦
- 3汤匙 (44毫升) 浅棕红糖
- 2汤匙 (30毫升) 糖，分开
- 1 1/4茶匙 (6.3毫升) 肉桂粉，分开
- 1/4杯 (59毫升) 冷冻黄油，切片
- 5个小绿苹果，去皮去芯

制作方法：

1. 将烤箱加热至425°F (218°C)。在一个大烤盘上铺一张烘焙纸。将派皮放在烤盘的中间，摊开。
2. 在一个料理机搅拌碗中，混合面粉、燕麦、红糖、1汤匙 (15毫升) 糖、1茶匙 (5毫升) 肉桂粉，然后启动“脉冲”功能搅拌几下。
3. 在料理机运行期间，通过送料器添加黄油，搅拌直到碎屑状。放在一旁备用。
4. 使用螺旋蔬果切丝器，将苹果切成条带状。将苹果片放在派皮中间，周围边缘留出1 1/2英寸 (3.8厘米)。
5. 在一个小碗中，将其余的1汤匙 (15毫升) 糖和1/4茶匙 (1.3毫升) 肉桂粉搅拌，直到混合均匀。撒在苹果上。
6. 沿着1 1/2英寸 (3.8厘米) 处折叠派皮以包裹苹果片，折叠时捏紧。在苹果片上撒些准备好的屑状混合料。
7. 在烤箱中烘烤25至30分钟，直到表面和屑料顶部呈焦黄色。

份量：8

Model/型号:
70935-CN

Type/类别:
FP30

Rating/规格
220V~ 50Hz 80W

制造商: 汉密尔顿海滩电器 (深圳) 有限公司
地址: 深圳市福田区深南西路车公庙工业区天安数码时代大厦主楼 1306-1308 1309-1311 单元
本产品执行标准: GB4706.1-2005, GB4706.30-2008

以上内容如有改动, 恕不预先通知



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