

HUROM CHEF

RECIPE BOOK





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Follow these steps!

1. When putting ingredients into the appliance, only use the pusher provided by the manufacturer. Do not use chopsticks, spoons, or any hard objects to push in the ingredients.
This may cause product damage or personal injury.
2. If the product stops while running, press [REV] button for 2-3 seconds and let it run in reverse. Press [ON] button again to extract.
If the appliance continues to stop, it may cause motor overheating which may damage parts or cause product malfunction. If the issue persists, reach out to Hurom Customer Service.
3. Do not use near children.
Close supervision is necessary in order not allow children to play with the appliance. If children misuse or drop the appliance, it may cause product damage, product failure, or personal injury.
4. Do not use alone if you're not used to handling this appliance.
5. When juicing a large amount, unassemble and clean the product per every 1 kg of ingredients juiced.
6. Do not re-juice pulp that came out from juicing.
7. Do not put in a large amount of ingredients all at once.
Put in small amount every time, ensuring that the pulp outlet is not clogged.
8. When grinding dried ingredients, only use completely dried ingredients.
9. Do not use this product for grinding dried grains.
Always soak grains in water before using.
10. After refrigeration, slightly defrost the meat to use.
11. Do not run the product idle before putting in ingredients.
12. After washing, dry the parts completely before storing.
The exposure of the metal part of the chamber to salinity may lead to corrosion. Please wash the parts in clean water instantly after use and dry thoroughly.
13. In the event of kneading, insert extra when dough is invisible to the naked eye because it is rolled in the mincing stem of the chamber set.
Insert a small quantity of dough slowly. If a large quantity is inserted, the machine may stop running

Hurom guide

Things to know before usage

<juicing stem> Used for extracting fruits and vegetables.



Juice comes out of the juice outlet below the chamber, and pulp comes out of the chamber cap. To extract, assemble the appliance in the order of **chamber>auger>juicing stem>chamber cap**. Refer to the product manual for details.

- The type and origin of fresh produce and the season may change juice's taste, color, and yield.
- It's most nutritious to juice seasonal ingredients and drink right after juicing.
- Juicing a large amount of hard ingredients with less water content may stop the appliance.
In this case, press **[REV]** button to release the clog and press **[ON]** button again to juice.
- Green vegetable juice may be difficult to drink on its own due to its distinct taste and smell.
Make your own delicious Hurom juice by combining it with other vegetables and fruits or yogurt and honey.
- Be cautious of fruit and vegetable allergies.

Ingredient Preparation

• **Ingredients that can be extracted with seeds and unpeeled: grape, apple, pear, kiwi, oriental melon, etc.**
Wash the unpeeled ingredients thoroughly and chop into smaller pieces of 3-4cm in length.
Note that the stalk end of oriental melon is bitter, and apple seeds are toxic, so it is recommended to remove them before extracting.

• **Ingredients to be rinded off before extraction**
: melon, watermelon, orange, passionfruit, lemon, etc.
Peel and chop the flesh of the ingredients into smaller pieces of 3-4cm.

• **Highly fibrous stem vegetables or wide leafy greens**
: parsley, angelica, wheatgrass, kale, spinach, romaine, etc.
Chop into smaller pieces of 3-4cm in length.
Gather ingredients to put into the appliance so that they won't scatter.

• **Ingredients with hard seeds to be removed before extraction**
: mango, cherry, peach, plum, permisson, Japanese plum, etc.
Ingredients with seeds that cannot be chewed with teeth should have the seeds removed and chopped into smaller pieces of 3-4cm in length.

• **Ingredients that should be separated from the stem: grapes, pomegranate**
Separate grapes from the stem.
Remove rind off of the pomegranate and use the flesh with seeds.

• **Root vegetables: carrot, potato, sweet potato, bellflower, ginseng, dandelion, etc.**
Thoroughly rinse ingredients in running water and remove debris like soil.
Chop into smaller pieces of 3-4cm in length.

• **Highly fibrous ingredient: ginger**
Peel off and slice the ingredient sideways.
Slowly insert a small amount of the prepared ingredient into the appliance at once.

• **Other ingredient: pine needles**
Soak the ingredient in water for about an hour and put the ingredient in the appliance while it's still wet.

<mincing stem> Used for grinding ingredients.



Grinded ingredients come out through the chamber cap. To grind, assemble the appliance in the order of **chamber>auger>mincing stem>chamber cap**. Refer to the product manual for details.

- When using the mincing function, insert materials in small amounts. If not, the product might stop for safety reasons.
- When grinding dried ingredients, make sure you're using completely dried ingredients that you can crumble with bare hands. (If the ingredients are partially wet, it won't be grinded smoothly)

Ingredient Preparation

• **Grinding dried ingredients**
: when grinding dried anchovy, dried shrimp, dried chili, green tea leaf, almond, walnut, etc., roast them in a pan or heat in oven to make sure the ingredients are completely dry.

• **Grinding wet ingredients**
: chili, garlic, ginger, onion, radish, etc. should be chopped into smaller pieces.
(Use mincing stem to grind vegetables or fruits to make sauces)

• **Grinding soaked ingredients**
: grains like rice, wheat, beans, etc. should be soaked in water before usage.
(For soaked rice, glutinous rice, and so on, insert it in small amounts. If you insert it in large amounts, the product might stop for safety reasons.)

Prohibited ingredients

- **Do not use below ingredients. These may cause product damage.**
 - Ingredients that are not extractable like sesame seeds, coffee beans, barks, etc.
 - Ingredients that cannot be extracted due to their characteristics like oleasters, aloe, and cactus.
 - Fruits (e.g. grapes, raspberry, mulberry) or enzymes (e.g. angelica, wasong) that are preserved in alcohol, honey, sugar, etc.
 - Spices like pepper seeds, Chinese pepper, and cinnamon.
 - Unsoaked grains like rice, wheat, and beans.
 - Dried medicinal herbs, safflower, unpeeled acorns, dried shiitake, semisulcospira libertina, crab shells.
 - Extremely hard ingredients like frozen meat or frozen fish.
(slightly thaw frozen ingredients before usage.)
 - Stone fruits with seeds that cannot be chewed with teeth (e.g. mango, cherry, peach, plum, permisson). Always remove seeds from such ingredients before usage.

Things to know before usage

<mincing stem > Used for making dough.



Dough come out through the chamber cap.
To make dough, assemble the appliance in the order of **chamber>auger>mincing stem>chamber cap**. Refer to the product manual for details.

- If a large quantity of dough is inserted at a time when kneading, the machine may stop running, so insert a small quantity slowly.
- Insert extra when dough is invisible to the naked eye because it is rolled in the mincing stem of the chamber set.
- Clean it right after kneading function is used; otherwise, it may be difficult to clean disassembly because dough is dried up.
- Clean it separately on a regular basis to prevent residues from remaining between the blade and the chamber cap.

Ingredient Preparation

- **Use flour for noodle making.**
Soft flour: cookies, cakes, fried food, etc.
medium flour: all-purpose flour; noodles, dumpling skin, crackers, etc.
strong flour: bread, pizza, etc.
- **If inserting green vegetable juice instead of water when kneading, you can make unique dough containing rich nutrition and different colors.**
- **It is recommendable that 35~40% of water or green vegetable juice against flour is inserted, and 5% of vegetable oil is added for a chewy texture.**
flour 200g, water 70~80g, vegetable oil 10g
- **Thick dough is better for making noodles; on the other hand, watery dough is for dough made for dumpling skin or hand-pulled dough soup (sujebi).**
- **In the event of kneading function, repeat the insert-process 2 to 4 times.**





<mincing stem + nozzle> Use when you make noodles after kneading.

Noodles come out of the nozzle of the chamber cap.
To make noodle, assemble the appliance in the order of **chamber>auger>mincing stem>chamber cap>nozzle**. Refer to the product manual for details.

- If a large quantity of dough is inserted at a time when making noodles, the machine may stop running, so insert a small quantity slowly.
- Insert extra when dough is invisible to the naked eye because it is rolled in the mincing stem of the chamber set.
- Clean it separately on a regular basis to prevent residues from remaining between the blade and the chamber cap.
- If noodles are re-inserted, this may lead to the damage of the product or its components.
Re-insert only 3 times and less.

Ingredient Preparation

- **Use flour for noodle making.**
Soft flour: cookies, cakes, fried food, etc. / medium flour: all-purpose flour, noodles, dumpling skin, crackers, etc. / strong flour: bread, pizza, etc.
- **It is recommendable that 35~40% of water or green vegetable juice against flour is inserted, and 5% of vegetable oil is added for a chewy texture.**
flour 200g, water 70~80g, vegetable oil 10g
- **If dough is too watery, noodles may stick to one another when making noodles.**
In this case, insert dough coated with flour.
If dough is too thick, on the contrary, the surface of noodles is rough and the discharge does not go smoothly. In this case, insert dough wet with water.
- **If you prevent noodles from sticking to one another when making noodles, coat dough with dusting flour before being inserted in the inlet and sprinkle flour on noodles immediately.**
- **As needed, use a nozzle.**

Cylindrical nozzle	Flat noodle nozzle	Thick noodle nozzle	Thin noodle nozzle
The thickness of a noodle : less than 2 cm stir-fried rice cake (Tteok-bokki), fish cake, a meatballs, etc.	The thickness of a noodle : less than 5 mm noodle soup (Kalguksu), fettuccine, tagliatelle, etc.	The thickness of a noodle : less than 3 mm udon, spaghetti, linguine, etc.	The thickness of a noodle : less than 1.9 mm plain noodles, buckwheat noodles, capellini, etc.
			



Phytochemicals

5 brilliant colors, the 7th nutrient called 'phytochemical'

During its growth process, plants are easily exposed to external damages.

To defend itself against such external damage, plants produce a defensive substance called “**phytochemical**.”

This substance represents the color of vegetables and fruits, and when consumed by humans, this magnificent substance leads to several efficacies:

(i) strong antioxidant effect; (ii) inhibition effect on the formation of cancer cells;

(iii) enhancement of the immune system; and (iv) aging prevention.

Therefore, “**phytochemical**” is known for being the 7th nutrient, which is classified as one of essential nutrients for adults.

COLOR	Main Nutrient	Main Efficacy	Food
RED	Lycopene	inhibition effect on the formation of cancer cells, Cardioprotective action	Tomatoes, watermelons, pomegranates, strawberries, beets, etc.
YELLOW	Beta-carotene	boosting the immune system, Skincare	Oranges, carrots, lemons, pineapples, etc.
GREEN	Lutein	hematogenesis, Eye care	Green grapes, kiwis, kales, spinaches, broccolis, celeries, Angelica Utilis Makino, wheatgrass, etc.
PURPLE	Anthocyanin	Antioxidant effect, protection of eyesight	Grapes, berries, red cabbages, purple carrots, etc.
WHITE	Quercetin	elimination of wastes/toxins from the body, boosting the immune system	Pears, apples, cabbages, bellflowers, ginsengs, etc.

* Food and beverages (including juice) are not regarded as medicine or medical supplies, so they do not have a direct effect in treating diseases. Instead of consuming single nutrient or food continuously, it's recommended to incorporate a variety of nutrients and foods in your diet.

* The above table shows efficacy of vegetables and fruits.

* The content of this book explains possible effects of vegetables and fruits. Neither the appliance nor the recipes ensure medical treatment.



Juicing & Mincing

Hurom-made healthy snack recipe

With a glass of health made of
vegetables and fruits intactly,

Hurom Chef contains the taste and nutrition of each
ingredient as it squeezes ingredients without grinding.

To support healthy eating habits,

Hurom shares the benefit of the nature as it is.



Hurom-made healthy snack recipe #1

Beet Juice & Vegetable Cracker

Remove toxins in blood and prevent heart diseases with phytochemical #1 Red / Beet

Packed with Vitamin C, iron, and folic acid, beets effectively detoxify your body by removing toxins in blood. This root vegetable can also help with preventing heart diseases with its high contents of betalain.

Beet Juice

Ingredients Beet 140g / Grapefruit 180g / Pear 120g

- 1 Peel grapefruit and chop unpeeled beets and pear into smaller pieces of 4cm in length.
- 2 Assemble juicing stem to Hurom Chef and juice beet, grapefruit, and pear.

TIP 1. If it's difficult to drink beet juice by itself, mix it up with lemon juice to control the earthiness and a refreshing taste.
2. Enjoy 100ml juice with 200g of beet and 25g of lemon.

Great food pairings.

Increase the antioxidation effect by combining betalain-packed beets and betacarotene-rich green leaves.

Vegetable Cracker

Dough Soft flour 200g / baking powder 3g / sugar 30g / salt 2g / olive oil 50ml

(Green Dough) spinach 50g / kale 50g

(Red Dough) cherry tomato 70g / red paprika 40g

- 1 Assemble juicing stem to Hurom Chef and extract spinach and kale.
- 2 In a mixing bowl, add sifted flour, baking powder, sugar, salt, and the extracted juice from step 1. Mix until the paste is not powdery.
- 3 Spread thinly over teflex lined dehydrator sheet or parchment lined cookie sheet and use a spiked roller or fork to cut out in a preferred shape. Pre-heat oven in 180°C and bake for approximately 12-15 minutes.

TIP 1. With a different vegetable juice, you can make a wide variety of different colored vegetable doughs to make the crackers.
2. Refrigerate the dough for about an hour to retain more moisture in the texture.



made healthy snack recipe #2

Carrot Juice & Sweet potato Mix Balls

Retain natural skin glow and strengthen immunity system with phytochemical #2 Yellow/Carrot

Representative of orange vegetables, carrot contains the most amount of vitamin A among vegetables and is helpful with retaining the natural skin glow and good eye health. Also packed with betacarotene, carrot can strengthen your immunity system.

Carrot Juice

Ingredients Carrot 200g / Golden kiwi 120g / Orange 180g

- 1 Divide unpeeled carrots and kiwis into 4 parts; divide peeled oranges into 4 parts
- 2 Assemble juicing stem to Hurom Chef and juice carrot, golden kiwi, and orange.

TIP 1. Betacarotene content in carrots is concentrated around the surface area, so it's ideal to keep the ingredient unpeeled or only lightly scraped off.
2. Enjoy 100ml carrot juice from 210g of carrots.

Great food pairings.


Carrot, rich in B-carotene, makes cells healthy with the strong anti-oxidation effect. It improves skin health and immunity if ingested with sweet potato, chick peas, and corn which are rich in protein and dietary fiber.

Sweet potato Mix Balls

Ingredients Boiled Sweet Potato 150g / Chick Peas 100g / Canned Corn 100g / Almond or Walnut 30g Each / Honey ½t

- 1 Place the mincing stem to Hurom Chef, mince almonds and walnuts, and spread them evenly on a large tray.
- 2 For boiled sweet potato, remove the peel, and cut it into 3cm pieces. Boil chick peas thoroughly.
- 3 Insert boiled sweet potato, chick peas, and corns into Hurom Chef alternatively.
- 4 Add honey to minced ingredients, mix well, and make bite-size balls.
- 5 Roll the ball of sweet potato mixture on 1 to cover it with almond and walnut powder thoroughly to finish.

TIP 1. For more savory taste, roast almonds and walnuts in the oven or on a dry pan prior to mincing.
2. For chick peas, wash them cleanly and soak them in water for at least 4 hours before use.
3. Strain the canned corn completely before use.
4. Adjust the amount of honey according to your preference.



Hurom-made healthy snack recipe #3

Kale Juice & Apple Carrot Muffin

Prevent cancerous cell formation and boost antioxidation effect with phytochemical #3 Green/Kale

Among green & yellow vegetables, kale has the highest content of betacarotene which is effective in antioxidation. It is also rich in indole and sulforaphane, which can prevent cancerous cell formation.

Kale Juice

Ingredients Kale 100g / Cucumber 100g / Apple 290g

- 1 Wash and chop kale, cucumbers, and apples into smaller pieces of 3-4cm in length. (Use unpeeled apples and cucumbers)
- 2 Assemble juicing stem to Hurom Chef and extract kale, cucumber, and apple.

TIP 1. Roll kale leaves vertically and use the pusher to push down the ingredient and extract.
2. Enjoy 100ml of juice with 160g of kale and 30g lemon.
* Mix with a bit of lemon juice to control bitterness of kale and add a refreshing taste.

Great food pairings.

Carrots and kale are the most representative vegetables with rich betacarotene content; combine them with quercetin-packed apple to boost the antioxidation effect.

Apple Carrot Muffin

Dough ½ apple / ⅓ carrot / soft flour 150g / dark sugar 60g /
butter 60g (room temperature) / 1 egg / baking powder 3g /
½ teaspoon of cinnamon powder / 1 teaspoon of olive oil / a pinch of salt

- 1 Assemble mincing stem to Hurom Chef and add peeled apples and carrots.
- 2 Sift soft flour, baking powder, and salt.
- 3 In a mixing bowl, mix butter and dark sugar -- add an egg to the mix. Then add cinnamon powder and the grinded apples and carrots from step 1. Add ingredients from step 2 and mix everything thoroughly.
- 4 Divide the dough evenly among muffin tins (use liner if needed) and fill up to about 70-80%. Preheat oven in 180°C and bake for about 25-30 minutes. Use a toothpick to poke the center of a muffin to test doneness.

TIP 1. To enjoy a healthier muffin, you can replace flour with oatmeal powder, wheat powder, or rice powder.
2. You can also replace butter with the same amount of oil (e.g. grape seed oil, canola oil, olive oil).



Hurom-made healthy snack #4

Red Cabbage Juice & Hamburger Steak

Maintain good eyesight and enhance antioxidation effect with phytochemical #4 Purple/Red Cabbage

A distinctive nutrient found in red cabbages, Vitamin U protects the lining of the stomach which helps with maintaining a healthy gut. Also, red cabbage is effective in strengthening eye health and antioxidation process because of its rich content of purple antocyanin.

Red Cabbage Juice

Ingredients Red Cabbage 260g / Grapes 200g

- 1 Chop red cabbage into 4cm-pieces, and remove grapes from the stem.
- 2 Assemble juicing stem to Hurom Chef and extract red cabbage and grapes.

TIP 1. Due to its natural trait, red cabbage can cause friction while juicing which can shake the drum or make a distinct noise.
2. Enjoy 100ml of juice with 200g red cabbage and 15g lemon.
* Combine with a bit of lemon to control bitterness of red cabbage and add a refreshing taste.

Great food pairings.

Boost your immunity system by eating vitamin C-packed red cabbage and pork with vitamin B₁ that helps with fighting fatigue.

Hamburger Steak

Ingredients **(Steak)** Pork tenderloin 300g / Beef round steak 200g / ½ onion / 20g carrot / 2 cloves of garlic / 4 teaspoons of starch / a pinch of salt and pepper to taste

- 1 Prepare slightly thawed pork and beef.
- 2 Assemble mincing stem to Hurom Chef and add the pork, beef, onion, carrot, and garlic.
- 3 Add starch, salt and pepper. Make meat balls and toss each ball repeatedly to make round and flat patties.
- 4 Heat oil in a pan and sauté hamburger steak.

Ingredients **(Sauce)** ½ apple / ¼ pear / ½ onion / 3 cloves of garlic / water 200ml / 1 teaspoon of rice wine / 2 teaspoons of soy sauce / 3 teaspoons of ketchup / and 2 teaspoons of oligosaccharide

- 1 Assemble mincing stem to Hurom Chef and add apple, pear, onion, and garlic.
- 2 In a saucepan, add water, rice wine, soy sauce, ketchup, oligosaccharide, and the grinded ingredients from step 1. Boil until you get a sticky texture.

TIP 1. Roast vegetables of your choice like asparagus, tomato, and mushroom to serve as a side dish.
2. You can make the patty round and make meat balls instead.

Protect bronchial & sinus health and detoxify with phytochemical #5 White / Ginseng

Plenty of saponin, ginseng helps with getting rid of toxins in your body. Saponin and polyphenol, which is an antioxidant agent, help prevent the spread of cancerous cells, reduce active oxygen in the body, and enhance immunity.

Ginseng Juice

Ingredients Ginseng 120g / Pear 250g / Pineapple 70g

- 1 Wash unpeeled ginseng thoroughly. Chop peeled pineapple and unpeeled pear into smaller pieces of 4cm in length.
- 2 Assemble juicing stem to Hurom Chef and extract ginseng, pear, and pineapple.

TIP 1. Saponin can be found near ginseng surface and roots, so use the ingredient unpeeled and washed thoroughly.
2. Enjoy 100ml of juice with 230g of ginseng and 1 teaspoon of honey.
*Ginseng juice is bitter so combine honey to add sweetness.

Great food pairings.

Eating both the potassium-packed potato that helps to flush sodium out of the body and the saponin-packed ginseng will help with strengthening immunity system and getting rid of toxins from the body.

Mini Potato Pancakes

Ingredients 4 potatoes / a pinch of salt / canola oil as needed

- 1 Chop peeled potatoes into smaller pieces of 3-4cm in length.
- 2 Assemble juicing stem to Hurom Chef and extract potatoes. Let it sit for 10-20 minutes and save the starch that sunk to the bottom. You can pour out the top water.
- 3 Make dough from the potato purée and starch. Add salt.
- 4 Heat oil in a pan and roast potato dough from step 3. Roast until the dough is golden all over.

TIP If you find the dough to be too watery, you can add a bit of starch powder.

Hurom-made healthy snack #5

Ginseng Juice & Mini Potato Pancakes



Kneading & Noodle making

A healthful customized diet using kneading and noodle making function

Basic dough ranges from colorful dough to unique dough containing healthiness.

Make hand-made noodle dishes easily and simply with Hurom Chef.

Make a small but meaningful change with Hurom Chef.



A healthful customized diet using kneading and noodle making function #1

Flat bread kneaded with carrots

<kneading>
for 2 persons (2 plates)

Recipe with kneading function

Strong flour 200g / carrot juice 80g + pulp 30g / oil 10g / salt 4g / sugar 5g / yeast 5g

- 1 After inserting a juicing stem into Hurom Chef, juice 150g of carrots and prepare 80g of juice and 30g of pulp.
- 2 Put ingredients for kneading in a bowl and mix simply.
- 3 After inserting a mincing stem into Hurom Chef, insert the dough of 2 slowly by a spoonful. After repeating this process 2 to 4 times, finish kneading with a loaf of dough.
- 4 Wrap a bowl containing the dough of 3 in plastic and ferment 1 to 2-hour at the room temperature.
- 5 After kneading fermented dough on flour a few times, divide it into two and roll them with a push stick.
- 6 Bake it in the oven preheated to 200°C for 10 minutes.

<Topping bread>

A handful of spinach leaves (olive oil 1t, lemon juice ½t, a suitable amount of salt and black pepper) / 5-6 cherry tomatoes / 3 strips of bacon(40g) / plain yogurt 1t / a suitable amount of parmesan cheese powder and balsamic cream

- 1 Wash and dry spinach leaves, and mix them with olive oil, lemon juice, salt and black pepper gently.
- 2 Cut cherry tomatoes into halves, and slice and grill bacon on a pan crisply.
- 3 After applying a thin layer of plain yogurt on baked flat bread, put 1 and 2 on it.
- 4 Sprinkle a suitable amount of parmesan cheese powder and balsamic cream to finish cooking.

TIP 1. As salt and sugar prevent yeast from being fermented, mix sugar and salt with flour or other powders in advance and then, add yeast.

2. If you repeat the process of mincing dough 3 several times, dough becomes sticky and lumpy easily without kneading. (it is recommendable to repeat the process up to 4 times)

3. Bread tastes moist if a glass of water is put in an oven while baking.

4. It is good to use fruit preserves instead of plain yogurt. (Citron preserves, grapefruit preserves, etc.)



A healthful customized diet using kneading and noodle making function #2

Spinach pasta with cream sauce

Recipes with flat noodle nozzle

< Noodle making > for 2 persons

medium flour 200g / spinach juice 70g + pulp 30g / oil 10g / salt 2g

- ① After inserting a juicing stem into Hurom Chef, juice 150g of spinaches and prepare 70g of juice and 30g of pulp.
- ② Put ingredients for kneading in a bowl and mix simply.
- ③ After inserting a mincing stem into Hurom Chef, insert the dough of ② slowly by a spoonful. After repeating this process 2 to 4 times, finish kneading with a loaf of dough.
- ④ After connecting flat noodle nozzle to the chamber cap, take the dough of ③ in the size of the thumb, insert slowly and make noodles.

< cream sauce >

fresh cream 150ml / milk 300ml / onion 120g / bacon 100g / broccoli 100g / 2 garlics / parmesan cheese powder 2T / a suitable amount of salt and black pepper

- ① After inserting a mincing stem in Hurom Chef, put onion, bacon, broccoli and garlic in and mince them.
- ② After mixing ① with fresh cream and milk in a pot, cook it over high heat. Once boiling, reduce to low heat.
- ③ Continue to stir and boil for 5 minutes after inserting parmesan cheese powder, salt and black pepper.

< Pasta making >

some shrimps and clams / 2 garlics / a suitable amount of olive oil

- ① Once <fresh noodles> put in boiling water is boiled up, pour cold water. When they are boiled up again, scoop them quickly and rinse in cold water.
- ② Make garlic chips by browning sliced garlics lightly on a greased pan with olive oil.
- ③ After cooking shrimps and clams on a pan stir-fried with garlics, <cream sauce> and boiled noodles are added. Stir-fry them quickly over high heat.
- ④ Put cream pasta in a bowl and garnish it with roasted garlic chips.

TIP 1. Wrap the finished dough in plastic and ripen it at a low temperature in a refrigerator for 30 minutes. In this case, the dough becomes soft and elastic, so a noodle texture is sticky when making noodles.

2. If you prevent noodles from sticking to one another when making noodles, coat dough with dusting flour before being inserted in the inlet and sprinkle flour on noodles immediately.



A healthful customized diet using kneading and noodle making function #3

Carrot pasta with tomato sauce and meatballs

Recipes with thick nozzle+cylindrical nozzle

< Noodle making > for 2 persons

medium flour 200g / carrot juice 60g + pulp 30g / oil 10g / salt 2g

- 1 After inserting a juicing stem into Hurom Chef, juice 150g of carrots and prepare 60g of juice and 30g of pulp.
- 2 Put ingredients for kneading in a bowl and mix simply.
- 3 After inserting a mincing stem into Hurom Chef, insert the dough of 2 slowly by a spoonful. After repeating this process 2 to 4 times, finish kneading with a loaf of dough.
- 4 After connecting thick noodle nozzle to the chamber cap, take the dough of 3 in the size of the thumb, insert slowly and make noodles.

< Meat balls >

Pork 100g / Beef 100g / 1/2 onion / carrot 40g / 2 garlics / starch 80g / flour 50g / a suitable amount of salt and black pepper

- 1 After inserting a mincing stem in Hurom Chef, put pork, beef, onion, carrot and garlic in and mince them.
- 2 Add starch, flour, salt and black pepper to meat mixture of 1 and mix them well.
- 3 After connecting cylindrical nozzle to the chamber cap, insert meat mixture by a spoonful. Once meat mixture comes out of the outlet of the chamber cap, cut it in the bite-size.
- 4 Oil a heated pan and brown lightly.

< tomato sauce >

cherry tomato 400g / onion 80g / celery 40g / 2 garlics / 1 Bay leaf / ketchup 2T / sugar 1/2t / salt 1/3t / a suitable amount of black pepper

- 1 After inserting a mincing stem in Hurom Chef, put tomato, onion, celery and garlic in and mince them.
- 2 Put 1 and a bay leaf in a pot and cook over high heat. Once boiling, reduce to low heat.
- 3 Boil for 10 minutes after inserting ketchup, sugar, salt and black pepper.

< Pasta making >

5-6 mussels or clams / 2 garlics / a suitable amount of olive oil

- 1 Once <fresh noodles> put in boiling water is boiled up, pour cold water. When they are boiled up again, scoop them quickly and rinse in cold water.
- 2 After stir-frying mussels and sliced garlics in order on the greased pan with olive oil, add tomato sauce, meatballs and boiled noodles and stir-fry quickly over high heat.

- TIP**
1. When kneading with water instead of green vegetable juice, add 70g of water to dough and knead it. (flour 200g, water 70g, oil 10g, salt 2g)
 2. Slightly defrost frozen pork and beef, and remove pork skin, beef tendons and so on. After that, slice them into 1-2cm pieces and insert them.



A healthful customized diet using kneading and noodle making function #4

Pasta salad with oriental dressing sauce

Recipes with thin noodle nozzle

< Noodle making > for 2 persons

medium flour 200g / beet juice 60g + pulp 30g / oil 10g / salt 2g

- 1 After inserting a juicing stem into Hurom Chef, juice 150g of beets and prepare 60g of juice and 30g of pulp.
- 2 Put ingredients for kneading in a bowl and mix simply.
- 3 After inserting a mincing stem into Hurom Chef, insert the dough of 2 slowly by a spoonful. After repeating this process 2 to 4 times, finish kneading with a loaf of dough.
- 4 After connecting thin noodle nozzle to the chamber cap, take the dough of 3 in the size of the thumb, insert slowly and make noodles.

< Oriental dressing >

soy sauce 70ml / olive oil 40ml / 1 lemon / apple 120g / 2 garlics / sugar 2T / a suitable amount of black pepper

- 1 After inserting a mincing stem in Hurom Chef, put lemon, apple and garlic in and mince them. (peel lemon and remove seeds, remove seeds from apple)
- 2 Add soy sauce, olive oil, sugar and black pepper to 1 and mix well.

< Pasta making >

5-6 cherry tomatoes / 1/2 yellow paprika / a handful of chicory and baby vegetables

- 1 Once <fresh noodles> put in boiling water is boiled up, pour cold water. When they are boiled up again, scoop them quickly and rinse in cold water.
- 2 Put boiled noodles and cleaned salad ingredients in a bowl and pour oriental dressing sauce.

- TIP**
1. As thin fresh noodles become too soft if overcooked, quickly boil and scoop.
 2. When making oriental dressing sauce, mix well in order not to separate olive oil.

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Notice

- ※ Food and beverages (including juice) are not regarded as medicine or medical supplies, so they do not have a direct effect in treating diseases. Instead of consuming single nutrient or food continuously, it's recommended to incorporate a variety of nutrients and foods in your diet.
- ※ The content of this book explains possible effects of vegetables and fruits.
Neither the appliance nor the recipes ensure medical treatment.

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