

**Solutions** 

### Freshness & Vitamins

Pleasure and wellbeing at any time of the day





This recipe book is for you, as a **catering professional** looking for inspiration for healthy, ultra-fresh, flavoursome fruit and vegetable juices.



Bursting with vitamins, ultra-fresh juice, with its real-fruit taste, is a treat any time of the day and will keep your customers happy and healthy.

Use our selection of recipes to boost your image and brighten up your menu.

Also discover our tips for making the most of your Juice Extractor and developing your creativity.

Enjoy!



#### REDUCED PACKAGING:

Reduce packaging by offering customers ultra-fresh juices, on demand.



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Ultra-fresh juices are directly extracted from fruit and vegetables for immediate consumption which means they keep all their nutritional properties.

### No need for sugar or additives!

These juices keep the original taste of the ingredients used, unlike juices based on concentrates or fruit nectars.



#### Fact

 Only 6 seconds are needed to make an ultra-fresh juice on demand.

#### Easy-to-use

 Large, automatique feed head to process fruit effortlessly and without cutting them up.

#### Easy-to-clean

All the parts can be dismounted without tools and put straight into the dishwasher.

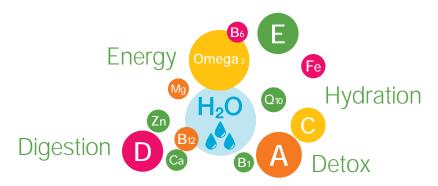
#### Return on investment

 15 days to write off the purchase of your Juice Extractor (based on 20 glasses sold per day).

#### Preserves vitamins

 Fruit and vegetables preserve all their nutrients during extraction because none of the ingredients are heated.

## Benefits



Ultra-fresh juices increase the Consumption of fruit and vegetables, simply and rapidly.

Bursting with vitamins and nutrients, they boost energy. They prevent dehydration, especially in elderly people and young children. When taken before a meal, they make digestion easier.

Ultra-fresh juices also give the digestive system a rest and detoxify the body naturally.



If you prepare juices in advance, you can limit oxidation after extraction by adding a natural antioxidant (lemon, orange, grapefruit).



### The health benefits

### of fruit & vegetables

### **Apples**

The antioxidant properties of apples help to reduce the risk of cardiovascular disease. The pectin and polyphenols contained in apples reduce blood cholesterol.

### Citrus fruits

Citrus fruits are known for their high vitamin C content. They also contain large amounts of antioxidants such as flavonoids which work in conjunction with vitamin C. Citrus fruits strengthen the immune system and have anti-inflammatory properties.

### Carrots

Carrots are rich in beta-carotene, a powerful antioxidant which slows down ageing and improves skin condition. They also help to heal wounds and are rich in vitamin A

### **Beetroot**

Beetroot contains potassium and antioxidants. Potassium helps to lower blood pressure while antioxidants protect against the free radicals that contribute to heart disease.



### Surprise your guests

with that extra touch

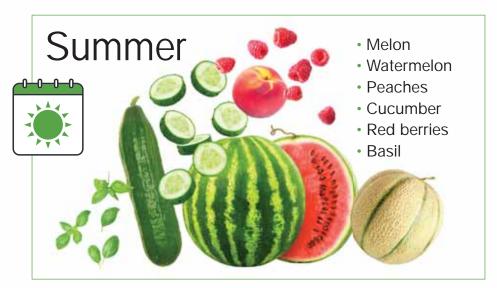




### Respect the seasons

to get the best taste out of fruit & vegetables









- Apples
- Pears
- Kiwi fruit
- Beetroot
- Pink grapefruit
- Fennel
- Clementines
- Oranges
- Pineapple

### How to read

### a recipe?



# Recipes robot & coupe



### **Breakfast**

by

robot @ coupe°

### Multifruit Juice



### Method

- · Wash the apples and carrots without peeling them.
- Remove the peel and pith from the oranges and peel the kiwi fruit.
- · Process through the Juice Extractor.
- Blend and drink cold!

#### Enjoy!



Serve immediately after extracting the juice and why not add a pinch of turmeric, with its many health benefits.



FOR:





### High-Energy Juice



### Method

- Remove the peel and pith from the lemon. No need to peel the carrots and apples; just wash and brush.
- Process the ginger, lemon and carrots through the Juice Extractor, followed by the apples.
- Mix well and serve.

#### Enjoy!



With the Robot-Coupe Juice Extractor, medium-size apples do not need to be cut up.



FOR:





### Morning Juice



### Method

- Remove the peel and pith from the lemons, peel the pineapple and wash the apples.
- Process the apples, lemons and pineapple through the Juice Extractor.
- Serve cold.

Enjoy!



Before processing with the Juice Extractor, fruit and vegetables with thick rinds, such as pineapple, must be peeled.







## Orange and Carrot

### Ingredients

- 1 piece of fresh ginger root
- 3 carrots
- · 3 oranges



#### Method

- No need to peel the carrots, just wash and brush.
- Remove the peel and pith from the oranges.
- Process the ginger and carrots through the Juice Extractor, followed by the oranges.

Enjoy!



Remove the peel and pith from the citrus fruit to prevent bitterness. Use whole without cutting up.







### Pick-Me-Up Juice



- Cut the end off the courgette and wash with the apples and carrots.
- Process the carrots, apples and courgette through the Juice Extractor.

Enjoy!



Scrub the carrots well but don't peel for a vitamin-packed juice.









## Classic juices

by

robot @ coupe°

## Watermelon Honey



#### Method

- · Boil the honey and water together. Leave to cool.
- Remove the rind and seeds from the watermelon and cut into large pieces.
- Remove the peel and pith from the lemon.
- Process the watermelon and lemon through the Juice Extractor.
- Pour the honey and water mixture into a glass, then the watermelon juice.

#### Enjoy!



Before processing with the Juice Extractor, fruit and vegetables with thick rinds, such as watermelon, must be peeled.



FOR:





## Watermelon Bilberries



### Ingredients

- ½ watermelon
- 100 g bilberries
- · A few mint leaves

### Method

- Remove the rind and seeds from the watermelon and cut into large pieces.
- · Clean the bilberries.
- · Process through the Juice Extractor.

Enjoy!



The mint leaves add a refreshing touch: place on top of the juice before serving.



FOR:





### Pink Boost

### Ingredients

- 2 apples
- 50 g raspberries
- · 2 Williams pears
- ½ lemon





### Method

- Wash the fruit and remove the peel and pith from the lemon.
- · Process through the Juice Extractor.
- · Blend and serve immediately.

Enjoy!





FOR:



### Red Cocktail



- Remove the grapes from the stem and wash all the ingredients.
- Process through the Juice Extractor.
- Serve very cold.

Enjoy!



Spice up the juice with Cayenne pepper!



FOR ·





### Sparkling Peach



- Pit and wash the peaches, then remove the peel and pith from the lemon.
- Process through the Juice Extractor starting with the ginger, then the peaches and then the lemon.
- Mix the ground nutmeg and soda water with the juice before serving.

Enjoy!



Always remember to pit stone fruit such as peaches.







# Green Delight



- Remove the skin from the pineapple and cut into large pieces. Remove the peel and pith from the lemon.
- Wash the apples, celery, parsley and ginger.
- Process through the Juice Extractor, starting with the ginger.
- Serve cold.

#### Enjoy!



With the J 80 and J 100, you don't need to scrape the ginger.







# Citrus Strawberry

### Ingredients

- 4 oranges
- 3 grapefruits
- 300 g strawberries



### Method

- Remove the peel and pith from the oranges and grapefruit to remove the bitterness.
- · Wash the strawberries without hulling them.
- Process all the ingredients through the Juice Extractor.
- Mix well before serving.

#### Enjoy!



You can process the whole peeled citrus fruits without cutting them up.







# Afternoon Delight



### Method

- Remove the skin and pit from the mango.
- · Wash the pear and carrots.
- Process through the Juice Extractor.
- Serve cold.

Enjoy!



With the J 80 and J 100, you don't have to peel the pear and carrots.







# Pears & Melon With Turmeric



### Ingredients

- 1 piece of fresh ginger root
- ½ yellow canary melon
- 1 grapefruit
- ½ pear
- ½ Golden Delicious apple
- 1 pinch of turmeric

### Method

- Remove the skin from the melon and cut into large pieces, then remove the peel and pith from the grapefruite.
- Process through the Juice Extractor starting with the ginger, then the apple, pear, melon and grapefruit, in that order. Add the turmeric to the juice.
- Mix well and serve cold.

#### Enjoy!



Before processing through the Juice Extractor, fruit and vegetables with thick skin such as melon must be peeled and all large seeds removed.







# Pomegranate and Kiwi Fruit

### Ingredients

- 10 kiwi fruits
- · 2 pomegranates



### Method

- Cut the pomegranates in half and keep the seeds.
- · Peel the kiwi fruit.
- Process the kiwi fruit and pomegranate seeds through the Juice Extractor.

#### Enjoy!



Before processing with the Juice Extractor, fruit and vegetables with thick skins, such as kiwi fruit, must be peeled.







## Oriental Cocktail



- Remove the peel and pith from the oranges and the pineapple.
- Pass the pineapple and oranges through the Juice Extractor.
- Combine the vanilla extract with the juice and serve.

#### Enjoy!



Remove the peel and pith from the citrus fruit to prevent bitterness. Use whole without cutting up.





# Rio Cocktail



- Remove the peel and pith from the oranges and pass through the Juice Extractor.
- · Add the lemonade.
- Add the pomegranate cordial and serve cold.

Enjoy!



You can also add slices of lime.







## Candy Red



### Method

- Remove the skin from the pineapple, wash the carrots and strawberries.
- Process the pineapple through the Juice Extractor first, followed by the strawberries and then the carrots.
- Mix well and serve cold.

#### Enjoy!



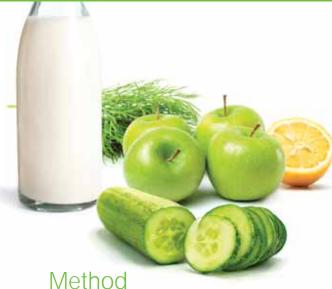
With the Robot-Coupe Juice Extractor, you don't need to hull the strawberries because the stems are automatically ejected into the pulp collector.







# Cucumber With Milk



### Ingredients

- 1 cucumber
- 4 Granny Smith apples
- 3 tablespoons of dill
- ½ lemon
- Milk

- Remove the peel and pith from the lemon, wash the cucumber, apples and dill.
- Process the cucumber, apples and dill through the Juice Extractor in that order, followed by the lemon.
- · Mix the milk with the juice.

#### Enjoy!



The cucumber does not have to be peeled because the skin contains vitamins and gives a stronger colour to the juice. In this case, it is best to use organic cucumbers.



FOR ·





## Melon Cocktail



### Method

- Remove the rind from the melon and cut into large pieces then remove the peel and pith from the lemon.
- Process the melon, lemon and apples through the Juice Extractor.
- Mix and flavour with a few mint leaves.

Enjoy!



Use Golden Delicious apples if possible, as they are the juiciest.







# Lemon Squash



- Remove the peel and pith from the lemons and pass through the Juice Extractor.
- Dilute all the sugar in the lemon juice and mix.
- Once the sugar is completely dissolved, add very cold water.

Enjoy!



You can add mint leaves and a small piece of fresh ginger.





## Mango and Bilberries



### Method

- · Wash the bilberries.
- · Peel the mangoes and remove the pit.
- Pass the pieces of mango and the bilberries through the Juice Extractor.
- Add the cinnamon to the juice and mix before serving.

Enjoy!



Remove the pits from the mangoes and peel them before passing them through the Juice Extractor.







# **Detox Juice**

by

robot @ coupe°

## Green Juice



- Method
- Wash the cucumber, apples and spinach.
- Process the spinach leaves then the apples through the Juice Extractor, followed by the cucumber.
- · Mix well and serve cold.

#### Enjoy!



With the J 80 and J 100, you don't need to cut up the apples or take off the stalk! The same for the cucumber.









## Detox Red Juice



- Wash the beetroots, carrots and parsley.
- Process through the Juice Extractor, starting with the parsley.
- · Serve cold.

#### Enjoy!



Serve immediately after extracting the juice and why not add a pinch of ground cumin.







# Detox Juice

### Ingredients

- 3 apples
- 1 stalk of celery



### Method

- · Wash the apples, celery and cucumber.
- Process all the ingredients through the Juice Extractor.

#### Enjoy!



Keep the small, tender celery leaves for decoration.







### Asparagus Shot

### Ingredients

- · 1 kg asparagus
- 1 pinch of chilli pepper
- · 1 pinch of unrefined salt



### Method

- Peel the asparagus and remove the hard ends.
- · Process directly through the Juice Extractor.
- Season with a little chilli pepper and unrefined salt.

#### Enjoy!



You can easily process spices and roots through the Juice Extractor with other fruits and vegetables to spice it up a bit.







### Apple Kiwi Fruit

### Ingredients

- 3 green Granny-Smith apples
- 1 lime
- · 3 kiwi fruits



### Method

- Remove the peel and pith from the lime and peel the kiwi fruits.
- Wash the apples.
- Process through the Juice Extractor.
- Mix and serve immediately so that the apple doesn't oxidise.

#### Enjoy!



With the Robot-Coupe Juice Extractor, you don't have to cut up and peel the apples.



FOR:





# **Smoothies**

by

robot @ coupe°

# Passion fruit Smoothie



### Ingredients

- 3 apples
- 4 oranges
- 10 passion fruits
- 1 piece of fresh ginger root

#### Method

- Wash the apples, remove the peel and pith from the oranges and scoop out the passion fruit pulp.
- Process the apples and oranges through the Juice Extractor.
- Pour the juice into a blender, then add the passion fruit pulp and ginger.
- Blend for 1 minute and serve.

#### Enjoy!



Attach the small pouring spout to the J 100 Juice Extractor to pour the juice directly into the blender bowl.



FOR:





# Avocado Smoothie



#### Method

- Rinse the apples and spinach.
- Process the spinach leaves through the Juice Extractor, then the apples.
- Pour the juice into a blender, then add the avocado, peeled and cut into pieces, and the crushed ice.
- Blend for 1 minute and serve in glasses.

#### Enjoy!



Attach the small pouring spout to the J 100 Juice Extractor to pour the juice directly into the blender bowl.



FOR:





# Kiwi Fruit Coconut



## Ingredients

- · 6 kiwi fruits
- 20 cl coconut ice-cream
- 10 cl coconut milk
- Crushed ice

### Method

- Peel the kiwi fruit and process through the Juice Extractor.
- Put the coconut ice-cream, kiwi fruit juice and coconut milk into a blender.
  Add the crushed ice and blend for 1 minute.
- · Pour into glasses. Drink immediately.

#### Enjoy!



You can replace the coconut milk with any other plant-based milk such as almond milk.







# Tip for **Zero waste**

by

robot @ coupe°



How to re-use the fruit and vegetable pulp from your Juice Extractor?

# Fruit Pulp Cake



## Ingredients

- 200 g fruit pulp
  e.g: 120 g apples
  and 80 g carrots
- 200 g plain flour
- 1 tblsp baking powder
- 50 g sugar
- 10 cl milk
- 1 pinch salt
- 5 cl olive oil
- 2 tblsp chia seeds

#### Method

- Incorporate the fruit pulp from your Juice Extractor into the fruit cake batter, then add the chia seeds.
- Mix gently.
- Pour into a loaf pan.
- Preheat oven to 200°C and bake for 25 minutes.



Add the fruit pulp at the end of the preparation.







# Pulp Pulp Chocolate Muffins



#### Method

- Incorporate the fruit pulp from your Juice Extractor into the chocolate muffin batter.
- Spoon batter into muffin cups and bake at 180°C for 15 minutes.









# How to use pulp

## from fruit and vegetables

Add your fruit and vegetable pulp to waffle and pancake batter, salads and even omelettes.



# robot @ coupe°

# Solutions for every Sector

## Robot-Coupe® Juice Extractors



## Your sector?

Restaurants, bars and the healthcare sector :

J 80





Hotels, canteens and cafeterias:

J 80 Buffet

for self-service





Juice bars and supermarkets, school cafeterias:

J 100 for intensive use





## **Robot-Coupe Solutions**

Preparations using fresh produce

# Vegetable Preparation Machines



How to present fruit and vegetables in a simple yet original way?

With vegetable preparation machines, fruit and vegetables can be cut in more than 50 types of novel, innovative ways.

You can slice, grate, dice and chop, cut into matchsticks and make waffle cuts. The Chef can thus create a variety of new, appetising presentations with greater efficiency.

# The PUS points

of Robot-Coupe Vegetable Preparation Machines

- Unlimited cutting possibilities : More than 53 different discs available.
- Reliable, powerful and sturdy.



### Immersion blenders

How to make soups based on fresh, nutritional, appetizing products?

The range of 21 sturdy, powerful immersion blenders turns seasonal vegetables into fresh, creamy, delicious soups that will make everyone happy.

- · Heavy-duty: all stainless steel bell.
- Perfect hygiene: completely dismountable foot and blade for easy cleaning and maintenance.
- High performance : fast blending with minimum residue.



- + More fibre.
- + Food keeps its organoleptic properties.
- + Cost control of raw materials.





# **Robot-Coupe Solutions**

Dedicated to fresh produce preparations







**CL 20** 

J 80

#### Salad bars





## Soup Bars





## Hotels





J 80 Buffet

CL 50 Ultra

## Juice Bars





J 100

CL 20

## Supermarkets





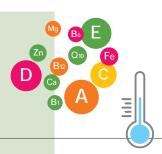
J 100

CL 52

## Frequently Asked Questions



Does extraction preserve vitamins?



With Robot-Coupe juice extractors, the fruit and vegetables are not heated which means that there is no risk of the vitamins being destroyed. All the nutritional properties of the fruit and vegetables are preserved.



How much time does it take to make a glass of juice?

You only need 6 seconds to make a glass of ultra-fresh juice with a Robot-Coupe Juice Extractor.



What quantity of fruit and vegetables are needed to make a glass of juice?

Robot-Coupe Juice Extractors have one of the best yields on the market. For a 15 cl glass, you only need two medium-sized apples. Do fruit and vegetables have to be kept in the refrigerator before being used in the Juice Extractor?



We recommend keeping your fruit and vegetables in the refrigerator. During service, place them on a bed of ice for an even more refreshing juice! Can the Juice Extractors also be used for citrus fruits (oranges, lemons, grapefruit, limes, etc...)?

Yes. However, we recommend peeling both the skin and pith in order to remove the bitterness contained in the skin.



Do fruit and vegetables have to be cut up before putting them in the Juice Extractor?

The fruit and vegetables most commonly used for juice (apples, pears and carrots) do not require any additional preparation. There is no need to cut or peel them or remove the stalks and pips. We recommend using organic produce so you can leave the skin on, as it is rich in vitamins, fibre and minerals. The large stones inside fruit such as peaches will need to be removed.

Can you make juices from herbs and leafy greens (spinach, kale, parsley, etc...)?



Robot-Coupe Juice Extractors are not designed for this type of application. However, a few herbs and leaves can be added to improve the taste if they are inserted into the extractor first, before the fruit and vegetables.

What volume of fruit and vegetables can you process before emptying the pulp collector?



We recommend emptying the pulp collector after about 20 kgs. The pulp collectors on Robot-Coupe Juice Extractors are see-through which means you can easily tell when it's time to empty them.



How long does it take to clean the extractor at the end of the day?

The number of parts to be cleaned on our Juice Extractors has been kept to a strict minimum. You can also dismount them easily without tools, and put them in the dishwasher to save time.

Do you need to rinse the extractor after each type of juice?



No. However, if you don't want to mix colours after using different fruit and vegetables, you can rinse the Juice Extractor by pouring ½ litre of water into the feed tube while the machine is running. That way you don't have to dismount everything.

# How to include

ultra-fresh juices in your product offering?

Streamline supplies and stocks of fruit and vegetables across your establishment:



- Add a « juice of the day » to your offer
- Put fresh products on your menu



# Bruised fruit and vegetables also make excellent juices:



- Use left-over fruit and vegetables from the kitchen
- Increase your profits



You can prepare your fruit and vegetables beforehand to have just the right amount:



- Save time during service by reducing the number of steps to be carried out
- Reduce waste by using the exact quantities you need







Ask for a free demonstration in your kitchen.

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 $\begin{tabular}{ll} For further information: \\ www.robot-coupe.com \end{tabular}$