
OPERATING INSTRUCTIONS

Food Grinder & Sausage Processor



MODEL: K3321

thank you

Thank you for the purchase of this quality **HEALTH KICK** product. Used carefully and in accordance with the instructions enclosed, it should give you trouble free service over a long period of time. Please keep these instructions for future reference. Remove all packaging before use.

FEATURES

- Power: 600w max, 2600w Locked Motor
- Forward and Reverse speeds
- Stainless Steel cutting guides, Coarse, Medium and Fine
- Aluminium Hopper Tray with plastic easy clean pusher
- Four sausage piping attachments: 15-20mm, 20-22mm, 22-24mm, 24-30mm
- Kibbeh attachment
- Storage case for cutting blades and kibbe attachment

SPECIFICATIONS

- Operating Voltage: 220-240v~50Hz/60Hz
- Power Output: 600w no load, 2600w max locked motor
- Ambient Operating Temperature: 5°C - 23°C

Note: Do not operate if ambient temperature is outside this range as this may damage the product.

IMPORTANT SAFEGUARDS AND PRECAUTIONS

SAVE THESE INSTRUCTIONS

- Read all instructions carefully
- For Household Use only. Not intended for commercial use. This appliance is intended to be used in household and similar applications such as; staff kitchen areas in shops, offices and other working environments, farm houses, by clients in hotels, motels and other residential type environments, bed and breakfast type environments.
- Only for use indoors.
- Before plugging into mains socket, check whether supply line voltage and current rating are in compliance with the rated electrical parameters shown on the rating label.
- This appliance is not intended to be operated by means of an external timer or separate remote control system.
- To prevent damage to the mains cord, do not let it pass over sharp corners, edges or hot surfaces.

- If the supply cord is damaged, do not use. Check before each use!

The supply cord cannot be replaced. If the cord is damaged the appliance should be scrapped.

- Always unplug when not in use.
- This appliance should only be used on a flat surface.
- To prevent against the risk of electric shock, do not submerge any part of this appliance in water, unless advised in this manual.

- This appliance shall not be used by children. This appliance can be used by people with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Keep the appliance and its cord out of reach of children.
- Cleaning and user maintenance shall not be made by children.
- Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.

DO NOT

- Do not leave unattended whilst in use.
- Do not immerse the motor unit in water during cleaning.
- Do not use if any part of this appliance is damaged in any way.
- Do not use for any purposes other than the appliances intended use.
- Do not grind hard food such as bones, nuts or sinew
- Do not grind ginger and other materials with hard fibre
- Do not push food into feeding tube by hand. Always use the pusher provided.
- Do not affix the cutting blade and cutting plate when using kibbeh attachment
- Do not force the unit with excessive pressure and avoid jamming.
- Do not switch directly from Forward to Reverse, or Reverse to Forward immediately, Stop at Off for 5 seconds.

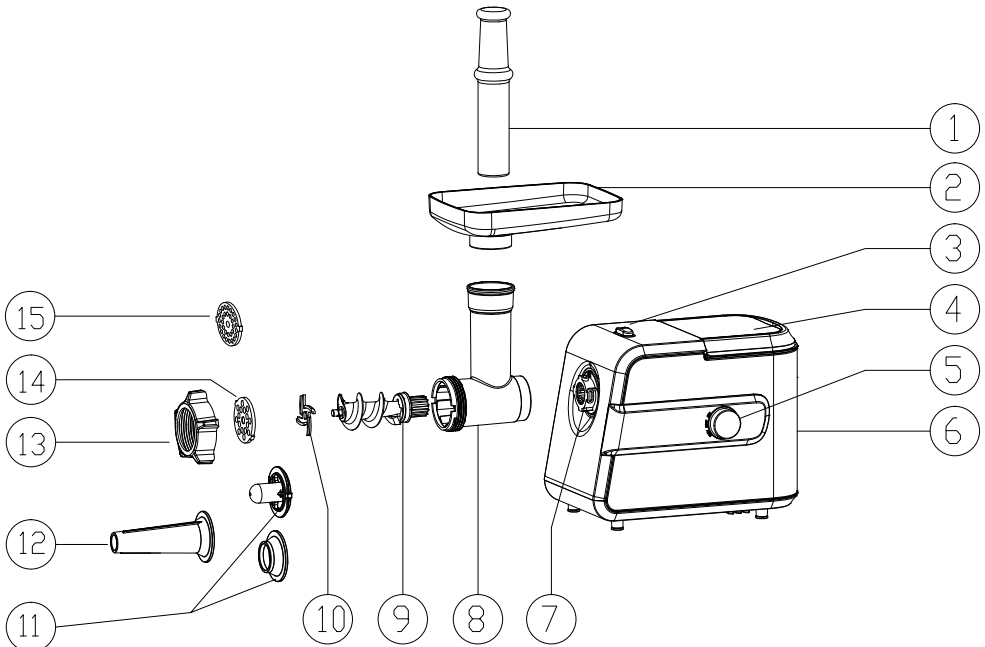
CAUTION

- If food becomes jammed, unplug the unit from the mains supply, then clean out the food in the feeding tube.
- When carrying the appliance, always carry by the motor body and not holding the feeding tube or hopper tray.

WARNING

Do not run the food grinder for more than 15 minutes, then stop and allow to cool for 10 minutes. Failure to heed this advice may burn out the motor unit.

LOCATION OF CONTROLS



- 1 – Food Pusher
- 2 – Aluminium Hopper Tray
- 3 – Locking button
- 4 – Storage compartment
- 5 – Forward, Off, Reverse Control Dial
- 6 – Motor Unit Cabinet
- 7 – Chuck
- 8 – Feeding Tube

- 9 – Worm Screw
- 10 – Cutting Blade
- 11 – Kibbeh attachment
- 12 – Sausage attachments, 15mm, 20mm, 22mm and 26mm diameter
- 13 – Fixing Ring
- 14 – Cutting Plates (Coarse, Medium or Fine)

OPERATION

■ BEFORE FIRST USE

1. Ensure the unit is not connected to a mains power supply.
2. Wash the feeding tube, feeding tray, food pusher, worm screw, cutting blade and any cutters in warm soapy water, rinse and allow to dry.

■ ASSEMBLY

1. Press the Locking button, hold the feeding tube and insert it into the chuck (when inserting please pay attention the feeding tube, it must be slanted approx. 25 degrees as per arrow indicated on fig.1), then move the feeding tube anticlockwise so that it is vertical and locks into place (fig.2).

2. Place the worm screw into the feeding tube, long end first, until it is set into the motor housing (fig.3).

3. Place the cutting blade onto the worm screw shaft with the blade facing the front as illustrated (fig.4). If it is not fitted properly, meat will not be grinded.

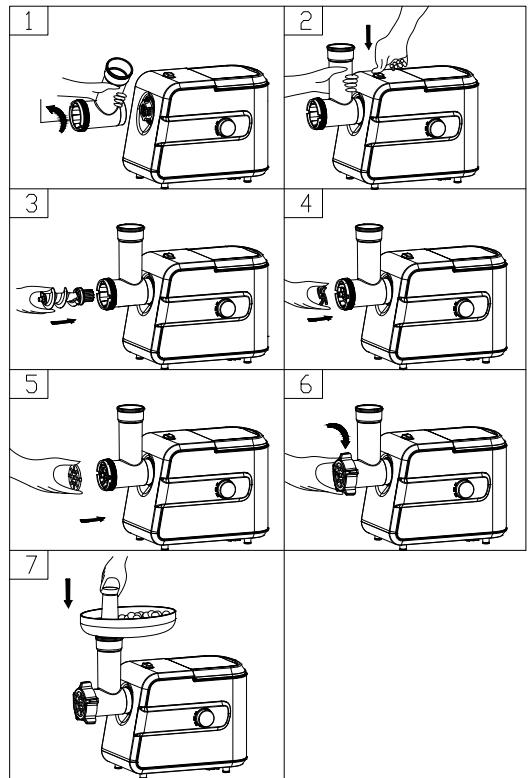
4. Place the desired cutting plate on to the cutting blade, fitting protrusions in the slot (fig.5).

5. Support or press the center of the cutting plate with one finger then screw the fixing ring tight with another hand (fig.6). Do not over tighten.

6. Place the hopper tray on the feeding tube and fix it into position.

7. Locate the unit on a firm place.

8. The air passage at the bottom and the side of the motor housing should be kept free and not blocked.



■ MINCING MEAT

1. Cut all foods into pieces (Spineless, boneless and fatless meat is recommended, approximate size: 50 mm x 50 mm x 50 mm) so that they fit easily into the hopper opening.

2. Turn the switch to "ON" position, the machine began to work.

3. Put food on the hopper plate. Use the food pusher to feed food (fig.7).

4. After use turn the switch to OFF position and unplug it from the power supply

■ REVERSE FUNCTION

1. If it's clogging, turn the switch to "OFF", and then turn the switch to "REV", the worm screw will run reverse direction.

2. After the termination of jam, switch to OFF

3. If it doesn't work, unplug the unit from the mains supply and clean it.

MAKING SAUSAGES

A variety of Sausages can be made for all tastes and cultures, including vegetarian, vegan, halal, spicy, flavoured etc

■ PREPERATION

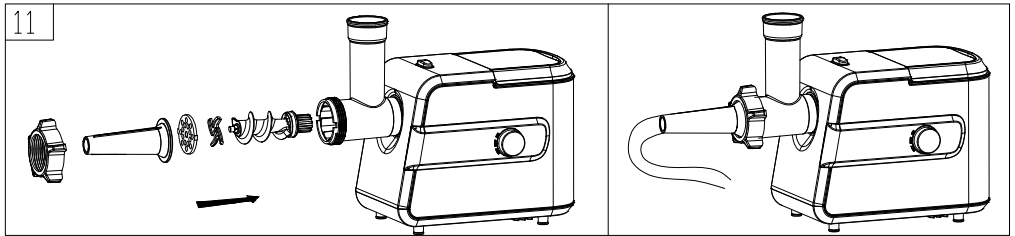
Before producing the sausages, you need to first prepare the meat, by mincing the meat and then adding your spices and flavorings. It is recommended mince your final mix a second time using the fine cutter before filling sausages.

You will also need sausage skins/casings. These can be made from artificial collagen, vegetarian, beef, pork, lamb depending on your preference.

■ CREATING THE SAUSAGE

1. Assemble sausage attachment as per image below. (figure 11).

Note: the cutting plate should be in place before the sausage piping.



2. There are four different diameter sausage piping tubes to choose. Select the diameter tube for the correct diameter of your sausage skins/casings.

Tube diameters are: 15mm/20mm/22mm and 26mm

3. Push the sausage skin over the entrance of the piping, until you have roughly 1m of skin/casing on the piping.

4. Tie a knot in the end of the sausage skin/case to stop the food mix from coming out of the skin.

5. Now turn ON the meat grinder.

6. Once the skin comes to an end, turn OFF the meat grinder.

7. Now tie a knot in the end of the skin and cut off any excess skin/casing

8. Carefully pinch and twist the skin into sections for the size of preferred sausages.

9. Refrigerate for at least 2 hours before cooking.

MAKING KIBBEH

Kibbeh is a family of dishes based on spiced ground meat, onions, and grain, popular in Middle Eastern cuisine.

RECIPE IDEA

STUFFING - Example

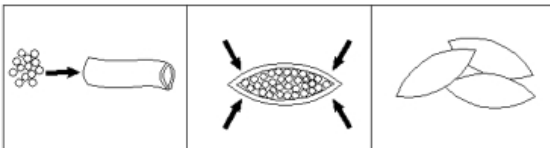
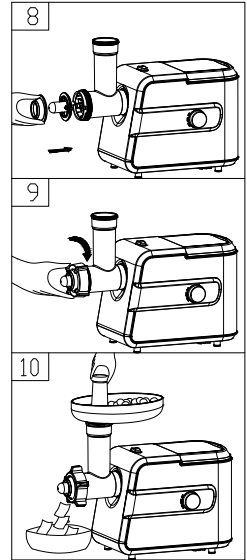
Lamb/Mutton	100g
Olive oil	1 ½ tablespoons
Onion (cut finely)	1 ½ tablespoons
Spices	to your taste
Salt	to your taste
Flour	1 ½ tablespoons

1. Mince the lamb/mutton once or twice.
2. Fry onion until brown and add minces mutton, all spice, salt and flour.

OUTER MEAT SHELL - Example

Lean meat	450g
Flour	150-200g
Spices	to your taste
Nutmeg (cut finely)	1
Powdered red pepper	to your taste
Pepper	to your taste

1. Mince the meat three times and mix all ingredients together in a bowl. More meat and less flour for outlet cover create better consistency and taste.
2. Grind the mixture three times.
3. Remove the cutting plate and cutting blade.
4. Place kibbeh attachments A and B onto the feed screw shaft together, fitting protrusions in the slots (fig.8).
5. Screw cap into place until tight. Do not over tighten (fig.9).
6. Make the cylindrical outer shell of the meat (fig.10).
7. Cut into 6cm lengths and press one side down to close the gap.
8. Fill the Outer Shell with your filling from the open end of the Kibbeh, and then close the end with the outer meat section.
9. The kibbeh is now ready for deep frying.



CLEANING AND CARE

■ MAINTENANCE

This appliance has been designed to operate over a long period of time with minimum of maintenance. Continuous satisfactory operation depends upon proper care and regular cleaning.

■ STORAGE

Always store this appliance and cord in a moisture-free area. Do not store in temperatures below 5°C or above 35°C.

■ DISASSEMBLING

Make sure that the motor has stopped completely.

Disconnect the plug from the mains supply.

Disassemble by reversing the steps from 1-6 assembly pictures.

To remove the cutting plate easily, place a screwdriver between the cutting plate and the lugs on the feeding tube and pull forward.

Press the locking button and remove the feeding tube by twisting anti-clockwise and pull to fully remove.

■ CLEANING

Unplug the meat grinder from the mains supply.

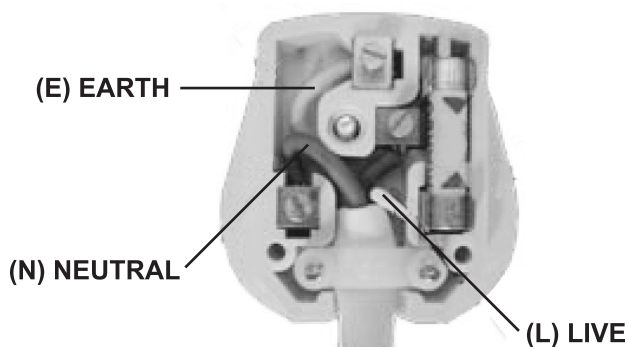
Remove meat, etc. Wash each part in warm soapy water.

Do not use bleach or other chemicals to clean or disinfect the parts.

Do not immerse the motor housing in water, but only wipe it with a damp cloth.

Wipe all the cutting parts with a vegetable oil soaked cloth.

FITTING A NEW UK PLUG




Your appliance operates on 220-240V~50Hz AC Mains and comes fitted with a 3-pin BSI Approved plug, so that it is ready for use for the UK or Eire market. If for any reason you need to fit a new plug, the flexible mains lead must be connected as shown below: -

■ IMPORTANT:

The wires in the mains lead are coloured in accordance with the following code:

BLUE:	NEUTRAL (N)
BROWN:	LIVE (L)
GREEN AND YELLOW:	EARTH (E)

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The BLUE wire must be connected to the terminal which is marked with the letter "N" or coloured BLACK.
The BROWN wire must be connected to the terminal which is marked with the letter "L" or coloured RED.
The GREEN AND YELLOW wire must be connected to the terminal which is marked with the letter "E", the symbol  or coloured GREEN.

■ DO NOT CONNECT EITHER WIRE 'L' OR 'N' TO THE EARTH TERMINAL OF A 3-PIN PLUG

Always ensure that the Mains Cord is located into the Plug through the Cord Guard or Cable Clamp, and that the Cord Guard screws are tightened to clamp the Cord (outer sheath and inner coloured wires) in position in the Plug. Make sure the Plug top is also fitted securely.

The supply cord cannot be replaced. If the supply cord is damaged, the appliance should be scrapped.

This appliance must be protected by a 13 Amp fuse in a 13 Amp type (BS1363) plug. Should you need to replace the fuse, use only an ASTA approved BS1362 fuse.

WEEE/ENVIRONMENTAL PROTECTION



■ DISPOSAL OF ELECTRICAL AND ELECTRONIC EQUIPMENT

Do not dispose of this product with household waste. For the proper treatment, recovery and recycling please take this product to the appropriate waste collection point. If you are unsure where this may be, please contact your local authority. Improper disposal may be harmful to the environment.

 healthkick **CUSTOMER SERVICES**

If you have any queries about this product then please contact Lloytron Customer Services online at:



www.lloytronhelpdesk.com

To find out more about Health Kick products, visit www.lloytron.com



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