

Starfrit



MEAT GRINDER HACHOIR À VIANDE MOLINO DE CARNE

INSTRUCTIONS FOR USE AND CARE
INSTRUCTIONS POUR L'USAGE ET L'ENTRETIEN
INSTRUCCIONES DE USO Y MANTENIMIENTO

P.2
P.13
P.24

OPERATING AND SAFETY INSTRUCTIONS

Item no.	Voltage (V)	Wattage (W)	Frequency (Hz)
024708	120	250	60

IMPORTANT SAFEGUARDS

READ THE INSTRUCTIONS BEFORE USE

WARNING: To reduce the risk of fire, electrical shock, serious personal injury and/or property damage:

- A. To protect against electric shock, **DO NOT** immerse the power cord, plug or meat grinder in water or expose to other liquids.
- B. Keep the appliance out of the reach of children and pets. This appliance is not intended for use by children. Close adult supervision is necessary when any appliance is used near children.
- C. Do not use appliance for anything other than its intended use, otherwise the blade could be damaged. Do not leave the appliance unattended while it is in use.
- D. Only use the appliance to grind meat, **DO NOT attempt to grind bones, vegetables, nuts or other hard food.**
- E. Do not operate the product if it has a damaged power cord or plug, or after the appliance malfunctions or has been damaged in any manner. Do not attempt to examine or repair this product yourself. For further assistance, please contact customer service to the following email address: starfrit.com/en/contact-us
- F. Always unplug the appliance from the electrical outlet when not in use, before putting on or taking off parts, and before cleaning or moving the appliance. To disconnect, pull directly on the plug - do not pull on the power cord.
- G. **WARNING - NEVER feed food by hand; always use the meat pusher.**
- H. **WARNING - NEVER insert your fingers to scrape food away from the grinding plate or near the meat grinder head while meat grinder is in operation.**
- I. **WARNING - Do not use the meat grinder without the meat tray secured into place.**
- J. **WARNING - The cutting blade is sharp; handle with care when using or when cleaning.**

- K. Connect the power plug to an easily accessible outlet so that the meat grinder can be unplugged immediately in the event of an emergency.
- L. Do not use attachments not recommended or sold by the product manufacturer. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- M. This product is intended for indoor, non-commercial use. Do not use outdoors or for any other purpose.
- N. Do not allow the power cord to hang (e.g., over the edge of a table or counter) or touch hot surfaces.
- O. Do not place the appliance on or near a hot gas or electric burner or in heated oven or microwave oven.
- P. Never run the appliance empty after assembling the blade and the grinding plate. Doing so will result in premature wear of the appliance.
- Q. Always use this meat grinder on a firm and stable surface.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

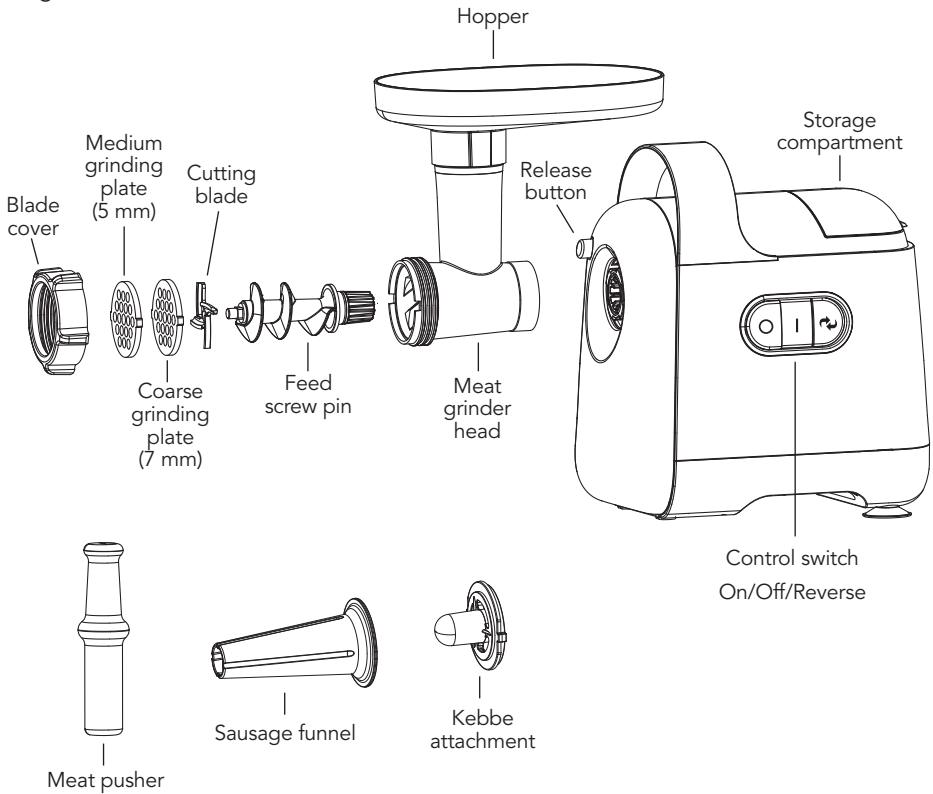
GROUNDING PLUG: This appliance is equipped with a polarized plug (one blade is wider than the other). As a safety feature to reduce the risk of electrical shock, this plug is intended to fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this feature or modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm, do not use that outlet.

SPECIAL INSTRUCTIONS: A short detachable power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.

AN EXTENSION CORD MAY BE USED IF CARE IS EXERCISED IN THEIR USE:

- Minimize the risk of overheating by using the shortest UL or ETL cord possible.
- The marked electrical rating must be at least as great as that of the product.
- Never use a single extension cord to operate more than one appliance.
- Arrange the longer cord so that it will not drape over a countertop or tabletop where it can be tripped over, snagged, or pulled on unintentionally (especially by children).
- **DO NOT** alter the plug. **DO NOT** attempt to defeat the safety purpose of the polarized plug.

Fig.1



BEFORE FIRST USE

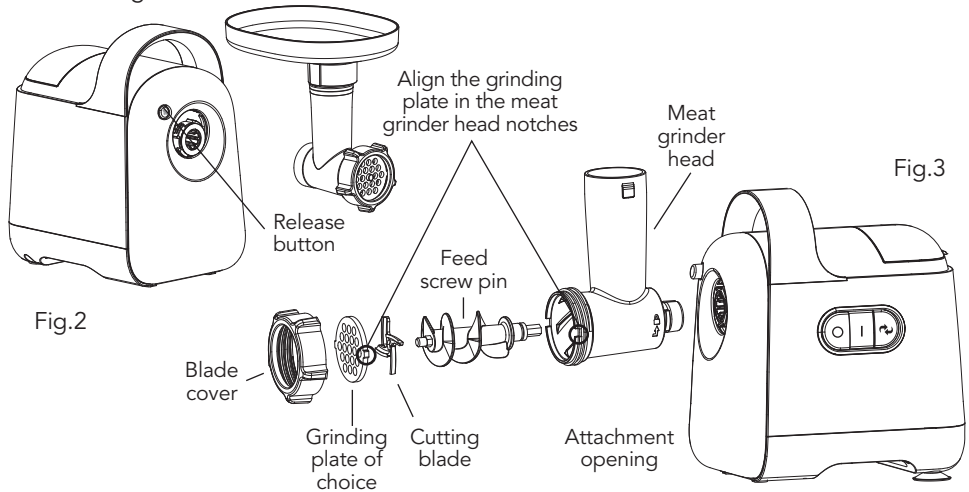
(Read the instructions before first use)

NOTE: During first use of the appliance, smoke and/or a slight odour may occur from the appliance. This is normal and will quickly disappear. It will not recur after appliance has been used a few more times.

1. Remove all parts. Dispose of packaging.
2. Unscrew the blade cover and remove all parts from the meat grinder head.
3. Handwash all removable parts (not grinder motor) in hot soapy water and dry thoroughly - **Removable parts are not dishwasher safe.**
NOTE: Handle the cutting blade with care, it is extremely sharp.
4. Wipe the grinder motor with a damp cloth and dry thoroughly - **do not submerge in water.**

TO ASSEMBLE

WARNING: Ensure that the power cord is unplugged from the wall outlet while assembling.






1. Place the meat grinder on a flat and stable work surface.
2. Align the notches of the meat grinder head into the attachment opening on motorized body of the meat grinder (Fig.2).
3. Press the meat grinder head against the motorized body and rotate it counterclockwise until it locks into place (Fig.2).
4. Insert the feed screw pin into the meat grinder head (Fig.3).
5. Place the cutting blade over the feed screw pin. Ensure the blades of the knife are facing outwards (Fig.3).
6. Place the grinding plate of your choice over the cutting blade that is held by the feed screw pin (Fig.3).
NOTE: Make sure to align the grinding plate with the 2 notches of the grinder feeder head.
7. Screw on the blade cover by turning it clockwise and assure it is tightened (Fig.3).
8. Insert the meat tray on top of the meat grinder head. Never use the meat grinder without the meat tray installed.

PREPARE YOUR MEAT

1. Before grinding, trim the meat to ensure that tendons, bones and cords are removed.
2. Recommended boneless meat size is approximately (2 cm x 2 cm x 6 cm) (3/4 inches x 3/4 inches x 2 1/3 inches) to allow pieces to fit properly into the grinder feeder head. The pieces should always be smaller than the grinder feeder head opening.
3. For best results, ensure that all meat has been chilled to (between) 32-34°F (0-1°C) before grinding the meat. **DO NOT ALLOW MEAT TO SIT OUT AT ROOM TEMPERATURE LONGER THAN ABSOLUTELY NEEDED.** Cold meat is easier to grind and the fat will not clog the grinding plates.


NOTE: Ensure that the meat is not frozen but chilled. Frozen meat could damage your meat grinder.

TO USE

1. Ensure the appliance is fully assembled as explained per assembling instructions.
2. Place pieces of meat to be grinded onto the hopper and do not overfill in order to not obstruct the opening.
3. Place a bowl under the meat grinder head to collect the ground meat.
4. Ensure the grinder is in the  position and insert plug into a standard 120 V electrical outlet.
5. Press  button to start running the meat grinder. **The meat grinder must always be  before introducing the meat.**
WARNING: Bones cannot be inserted in the appliance. This can cause a malfunction or block the meat grinder.

Cautions:

To prevent overheating, do not operate the meat grinder for more than 7 minutes at a time. Allow the meat grinder to cool down for a minimum of 10 minutes between 2 consecutive cycles.

6. Carefully start feeding pieces of meat into the meat grinder head, only use meat pusher to insert meat into the meat grinder head.
WARNING: Do not force food into the grinder feeder head and never use your fingers or other tools than the meat pusher to insert meat in the meat grinder.
7. Once the operation is completed, or when the meat no longer comes out of the grinding plate, press  button to stop running the meat grinder.
8. Unplug the meat grinder from the electrical outlet.


REVERSE BUTTON FUNCTION


The reverse function should be used only for brief periods of time to help clear jammed meat. Immediately press the  button.

Allow the meat grinder motor to come to a COMPLETE STOP AT LEAST 1 MINUTE before engaging in reverse function.

Press the  button to push the food in the opposite direction.

NOTE: Never operate the meat grinder in reverse for more than 5 seconds.

Press the  button and turn the meat grinder on again.

If the meat grinder remains jammed after using the reverse function, press the  button, unplug the appliance and disassemble the meat grinder head. Clean the internal parts according to the cleaning instructions. Reassemble the meat grinder and follow the TO ASSEMBLE instructions.

GRINDING PLATES SELECTION

NOTE: When selecting a grinding plate, keep in mind that the smaller the holes, the finer the meat and larger the holes, the coarser the meat.

Medium grinding plate (5 mm) (0.19 inches)	Ideal for meatloaf, hamburgers, breakfast sausages, and ground meat in soups.
Coarse grinding plate (7 mm) (0.27 inches)	Ideal for chili and stew meat.

NOTE: Never use sausage funnel or kebbe attachment when grinding the meat.

SAUSAGE ATTACHMENT

Assembling sausage attachment:

1. Place the meat grinder on a flat and stable work surface.
2. Align the notches of the meat grinder head into the attachment opening on motorized body of the meat grinder (Fig.2).
3. Press the meat grinder head against the motorized body and rotate it counterclockwise until it locks into place (Fig.2).
4. Insert the feed screw pin into the meat grinder head (Fig.3).
Note: Make sure the cutting blade and the grinding plate are removed before placing sausage attachment.
5. Place sausage attachment over the feed screw pin. Make sure the notches of the sausage fits into the positioning pin of the meat grinder head.
6. Screw on the blade cover by turning it clockwise and assure it is tightened (Fig.3).
7. Insert the hopper on top of the meat grinder head. Never use the meat grinder without the meat tray installed.

MAKING SAUSAGE

1. Before making sausages, the meat must be coarsely ground and seasoned.
2. Before stuffing, insert two fingers into one end of the casing to open it. Hold the casing opening under a faucet and let the water run the entire length. This will wash away some of the packing salt.
3. Place the seasoned ground meat onto the hopper.
4. Slide the sausage casing over the sausage attachment.
5. Slide 10-15cm (4-6 inches) of casing from the end of the sausage attachment and tie a knot in the end of the casing. If you are using large diameter fibrous casing, hold the closed end of the casing tightly against the end of the sausage attachment.
6. Plug the meat grinder in 120V outlet.
7. Press the **I** button of the meat grinder and start feeding ground seasoned meat in the meat grinder head using the meat pusher.
8. Hold the casing in place on the sausage attachment with one hand while feeding the sausage mixture through the meat grinder head using the meat pusher.
9. Do not fill the last 8-10 cm (3-4 inches) of casing. After the entire length of casing has been stuffed, twist the open end to close, then tie off the ends of the casing tightly. Twist into links to obtain desired size and shape.
NOTE: To avoid the creation of air pockets, fill the casing slowly. If air pockets do appear in the sausage use a toothpick to release pressure and avoid splitting the skin during the cooking. The small holes will seal naturally.
10. When the casing is full, press the **O** button of the meat grinder.

KEBBE ATTACHMENT

The kebbe attachment consists of 2 pieces: the ring shape attachment and the extruder tube.

Assembling kebbe attachment:

1. Place the meat grinder on a flat and stable work surface.

2. Align the notches of the meat grinder head into the attachment opening on motorized body of the meat grinder (Fig.2).
3. Press the meat grinder head against the motorized body and rotate it counterclockwise until it locks into place (Fig.2).
4. Insert the feed screw pin into the meat grinder head (Fig.3).
Note : Make sure the cutting blade and the grinding plate are removed before placing KEBBE attachment.
5. First place ring shaped attachment over the feed screw pin and then add extruder tube. Make sure the notches of the ring shaped attachment fits into the positioning pin of the meat grinder head.
6. Screw on the blade cover by turning it clockwise and assure it is tightened (Fig.3).
7. Insert the hopper on top of the meat grinder head. Never use the meat grinder without the meat tray installed.

MAKING KEBBE

Kebbe is a traditional dish from Middle East that is comforting and is associated to celebrations.

Kebbe is a mixture of bulgur wheat, spices, and ground meat. The first step consists of preparing the meat dough that will form a shell. Afterwards, the meat dough is stuffed with cooked meat. To complete the process kebbe can be baked or fried. The result is a crispy shell that is similar to a croquette. They can be served as appetizers or as a side dish.

MEAT DOUGH

1. To prepare kebbe the meat needs to be grinded 3 times before passing through the kebbe attachment.
2. In a medium sized bowl, cover the bulgur wheat with 2 cups of warm water. Let it sit for 30 minutes and then drain the excess water in a strainer squeezing the bulgur to get rid of the excess water.
3. Season the ground meat in a bowl with bulgur and spices before shaping the kebbe.
4. Place the kebbe attachment (see section ASSEMBLING KEBBE ATTACHMENT)
5. Plug the meat grinder in 120V outlet.
6. Press the **I** button of the meat grinder and start feeding ground meat in the meat grinder head using the meat pusher.
7. When the meat's desired length is reached cut the piece from the grinder feeder head. The kebbe attachment will shape a long, hollow cylinder of perfectly thin, even dough. Cut these tubes into even lengths of 5 cm to 10 cm (2 to 4 inches), as desired. The tubes need to be refrigerated while the filling is prepared.

FILLING

1. Heat olive oil in a skillet or a frying pan. Sauté the onion a little bit, then add the ground meat. Cook over medium heat, stirring occasionally until the meat is fully browned.
2. Remove the kebbe dough from the fridge.
3. To stuff the kebbe tubes, you need to have damp hands. Place a small bowl of water next to you.

- Using a spoon, add about 1 tablespoon of the filling. Seal the dough on top and, using both hands, carefully shape it into an oval (football-type shape).
- Before cooking, chill the stuffed kebbe for at least 1 hour.

COOKING

The stuffed kebbe can either be fried or baked in the oven.

FRYING

- Remove the stuffed kebbe from the fridge.
- Heat the oil in a deep frying pan to 350 °F (180 °C). Deep fry the kebbe in the hot oil, until the kebbe shells are brown (about 5 minutes).
- Remove the kebbe and place them on a plate lined with paper towel to absorb the excess oil.

BAKING

- Preheat the oven to 400 °F (200 °C).
- Spray the stuffed kebbe with olive oil and place them on a large baking sheet.
- Bake for 30 minutes or until it turns golden brown.

CLEANING AND MAINTENANCE

WARNING: Always unplug the product before cleaning or when not in use.

CLEANING

Ensure that the appliance is completely cooled before cleaning.

WARNING: Ensure the appliance is unplugged from the electrical outlet and allow it to cool down completely before handling or cleaning it.

- Remove the hopper.
- Unscrew the blade cover and remove, in sequence, the grinding plate, the cutting blade and the feed screw pin from the meat grinder head.
- To remove the meat grinder head, press the head release button and turn the meat grinder head clockwise.

CAUTION: Cutting blade is sharp, handle carefully when cleaning.

- Wash all parts (hopper, grinder head, feed screw pin, grinding plates and cutting blade) that come in contact with food in hot soapy water. Rinse with clear water. Dry immediately.

NOTE: Handwash only. DO NOT place in the dishwasher. Wash after each use.

- Clean meat grinder base with a soft, damp cloth and dry thoroughly.

WARNING: DO NOT immerse the main body of the grinder in water or other liquids.

CLEANING TIPS

- Clean your meat grinder immediately after use. It helps to prevent the build up of crusts, which are difficult to remove.
- To clean your meat grinder thoroughly insert a slice of bread in the feeding tube. The bread helps to absorb grease and the residues that are left.
- If the metal parts still feel greasy after washing them with soap you can soak them in warm water with a teaspoon of baking soda.

MAINTENANCE

The cutting blade and grinding plates should be coated with cooking oil after washing and drying. To prevent corrosion (rust) store the blade and grinding plates in a plastic bag.

MEAT GRINDER USING TIPS

1. Before using the meat grinder, make sure the parts are tightly assembled. Loose parts will cause food to get clogged in the meat grinder.
2. Always turn the meat grinder to **I** before inserting food.
3. Chill meat before grinding to reduce the loss of juices.
4. Refrigerate ground meat immediately and cook within 24 hours.

WARRANTY

1-YEAR LIMITED WARRANTY.

This warranty covers any defects in materials and workmanship for a period of one (1) year from the date of the original purchase. Please retain your original receipt as a proof of the purchase date. Any complaints must be registered within the warranty period. The product will be repaired, replaced (parts or entire appliance) or refunded at our sole discretion. Shipping charges may apply.

This warranty does not cover normal wear of parts or damage resulting from any of the following:

Negligent use or misuse of the product including failure to clean the product regularly, use for commercial purposes, accident, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than a STARFRIT authorized service agent.

Decisions as to the cause of damage are the responsibility of Starfrit. All decisions will be final.

For further assistance, please contact customer service to the following e-mail address: starfrit.com/en/contact-us



RECIPES

HONEY GLAZED CHICKEN BUNS

GRINDING PLATE: Medium

SERVINGS: 10

INGREDIENTS:

2 lbs (908 g) ground chicken
1 tbsp Italian seasoning
¼ cup (60 ml) plain bread crumbs
1 egg
2 tsp Dijon Mustard
3 tbsp honey
Garlic or shallots if desired
Cooking spray



PREPARATION: Refer to the **HOW TO USE** section to operate the Meat Grinder.

1. Preheat the oven to 400°F (200°C).
2. Take the chicken previously grounded with your Starfrit electric meat grinder out of the refrigerator.
3. Combine ground chicken, Italian seasoning, bread crumbs, egg, and a third of the Dijon Mustard and honey in a bowl. If desired, add garlic or shallots. Add salt and pepper to taste.
4. Spray 10 cups out of the 12 cups of the muffin pan with cooking spray and then fill with chicken mixture.
5. In another bowl, combine the remaining honey with the remaining Dijon Mustard.
6. Distribute the honey and Dijon Mustard mixture on top of the meat buns.
7. Bake for 20 to 25 minutes, until the inside of the meat is no longer pink.
8. Serve with your favorite vegetables, slightly crunchy.

MEATLOAF WITH QUINOA AND VEGETABLES

GRINDING PLATE: Medium

SERVINGS: 6-8

The Starfrit Electric Meat Grinder will make it easy for you to prepare just the right amount of ground meat for this recipe.

After grinding refrigerate the meat while you prepare the other ingredients for the recipe.

INGREDIENTS:

1 ¾ lbs (795 g) ground beef, pork or veal
1/3 cup finely diced carrots
1/3 cup finely diced celery
1 diced shallot
½ cup cooked quinoa
3 tbsp bread crumbs
1 beaten egg
2 tsp canola oil
½ tsp oregano
½ tsp thyme
Salt and pepper
1/3 cup ketchup
2 tbsp brown sugar



PREPARATION: Refer to the **HOW TO USE** section to operate the Meat Grinder.

1. With the rack in the middle position, preheat the oven to 375°F (190°C).
2. In a skillet, pour the oil and sweat the shallots, carrots and celery. Reserve.
3. Take out of the refrigerator 1 ¾ lbs (795 g) of meat previously minced with your Starfrit Electric Meat Grinder.

4. In a bowl, combine the ground meat, lukewarm vegetables, beaten egg, bread crumbs, cooked quinoa, oregano, and thyme. Season with salt and pepper.
5. Form the mixture in the shape of a loaf bread, pressing well.
6. Place the loaf bread on a baking sheet and bake for 1 hour and 15 minutes.
7. Remove from oven and brush the top of the meatloaf with the ketchup, sprinkle with the brown sugar and return to the oven for 15 minutes cooking time.
8. Before slicing and serving, let the meatloaf stand for 10 minutes.

MUSHROOM & SWISS BURGER

GRINDING PLATE: Medium

SERVINGS: 4

The Starfrit Electric Meat Grinder will make it easy for you to prepare just the right amount of ground meat for this recipe. After grinding refrigerate the meat while you prepare the other ingredients for the recipe.

INGREDIENTS:

4 hamburger buns

For the patties:

1lb (450 g) of ground beef

1/3 cup bread crumbs

2 tbsp milk

1 tsp garlic powder

1 beaten egg

Salt & pepper to taste

For the garnishes:

10 mushrooms

4 slices of lettuce

4-8 Swiss cheese slices

1 tbsp olive oil

2 tbsp parsley

Salt & pepper to taste



PREPARATION: Refer to the **HOW TO USE** section to operate the Meat Grinder.

1. In a bowl, combine the patties ingredients. Place in the refrigerator for 20 to 30 minutes.
2. Meanwhile, prepare the garnishes. Cut the mushrooms and the lettuce.
3. Heat olive oil in a skillet. Sauté the mushrooms with the parsley until golden brown.
4. Shape 4 patties approximately ¼ inch more than your hamburger bun. Grill burger patties in a skillet or on the BBQ for about 5 to 6 minutes on each side.
5. Top patties with a slice of Swiss cheese 1 or 2 minutes until cheese is melty.
6. Assemble burgers with lettuce or toppings of your choice on the bottom half of each bun. Add the patties with melted cheese and the mushrooms on and top half of the bun.