

Healthy Choice[™]
MM30

MEAT MINCER

WITH SAUSAGE AND KIBBEH ATTACHMENTS



Model no: MM30 | Batch no: PR4162

This appliance is intended for household use only.

Please read and retain these instructions for future reference.

The illustrations used in this manual are to illustrate the operation method and product structure of the product. Where there is a small difference between the physical item and the illustrations, please take the physical as the standard.

IMPORTANT SAFETY INFO:

- 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.
- Unplug when assembling and disassembling the appliance.
- When carrying the appliance be sure to hold the body with both hands. Never carry the appliance by the front attachments.
- Do not fix the cutting blade and cutting plate when using kibbeh attachment.
- Never push products by hand, only use food pusher.
- Do not grind hard food such as bones, nuts, etc.
- Do not grind ginger and other materials with hard fiber.
- Continuous running of the meat mincer must not exceed more than 10 minutes.
- Operate the unit from "ON" to "REV" or from "REV" to "ON" after the previous working condition stops more than 30 seconds, or it may cause some abnormal case such as moving up and down.
- To avoid jamming, do not force the appliance with excessive pressure.
- When the circuit breaker activates, do not switch on.
- Close supervision is necessary when any appliance is used near children.
- Children should be supervised to ensure that they do not play with the appliance.
- Keep the appliance and the power cord out of reach from children.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Do not operate this appliance if the cord, plug or the appliance itself is damaged. It must be repaired or replaced by a qualified service technician.
- Never try to replace the parts and repair the unit by yourself.
- Never immerse the appliance in water or rinse it under a tap.
- To prevent electric shock, do not let any water enter the appliance.
- Continuous running of meat grinder should be not more than 10 minutes with the following 10 minutes interval for motor cooling

FIRST USE:

- Check that the voltage indicated on the rating label corresponds with the mains voltage in your home before you connect the appliance.
- Wash all parts except the housing body in cool water with a drop of detergent.
- Ensure the ON/OFF/REV switch is in the OFF position before it is connected to the mains power.

PARTS:



1. Food tray
2. Motor housing
3. Switch ON/OFF/R (On/Off/Reverse)
4. Unlock button
5. Scroll housing inlet
6. a + b Kibbe Attachment
7. Sausage attachment
8. Knife
9. Fixing ring
- 10-12. Cutting plate (fine/ medium/ coarse)
13. Scroll
14. Scroll housing
15. Food pusher

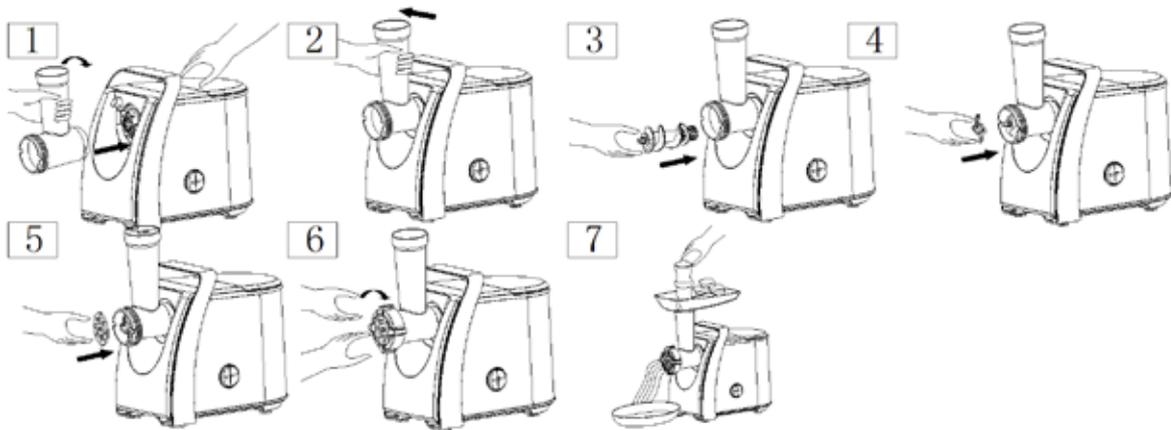
ATTACHMENT STORAGE:



Lift this lid on the motor housing to access the storage compartment for the attachments.

ASSEMBLY AND USE:

ASSEMBLING



Please also observe our illustrations under "1-7".

1. Insert the scroll housing into the mounting on the motor.
2. Lock the scroll housing into position with the Unlock button.
3. Insert the scroll.
4. Insert the knife with the sharpened edge outwards onto the shaft of the scroll.
5. Select a cutting plate.

NOTE:

*Slightly grease the cutting plate beforehand with vegetable fat.

*The guides on the cutting plate are located in the recesses on the scroll housing.

6. Support or press the centre of the cutting plate with one finger then screw the fixing ring until tight with another hand. Rotate the catch clockwise. Do not over tighten.
7. You can now attach the food tray with whatever you want to grind.

8. The air passage at the bottom and the side of the motor housing should be kept free and not blocked. Locate the unit on a firm place.
9. Locate the appliance on a firm and stable benchtop or table.
10. Cut all foods into pieces (Sinew-less, boneless and fatless meat is recommended, approximate size: 20 mm x 20 mm x 60 mm) so that they fit easily into the Scroll housing opening.
11. Plug in the appliance and press the ON/OFF/R switch to the ON position.
12. Use the food pusher to feed the meat cubes through the food tray.
13. After use switch the unit off and unplug it from the power supply.

Note: Firm fruits, vegetables and cheeses can also be minced.

REVERSE

In case of jamming, switch the appliance to (OFF) and then press R (REVERSE).

- The scroll will be rotating in the opposite direction, and the head will empty.
- If the jamming persists, switch the appliance to (OFF) and unplug it from the power supply before disassembling and cleaning it.

MAKING KIBBEH:

Kibbeh is a Middle Eastern dish which uses your choice of lean meat, lamb and spices to make small meat stuffed croquettes which can be deep fried or baked.

Kibbeh Recipe

Filling:

- 100g lamb - minced
- 1 and a half tablespoons of olive oil
- 1 and a half tablespoons of finely diced onion
- Spices to your taste (eg: nutmeg, allspice, cinnamon)
- Salt to your taste
- 1 and a half tablespoons of flour

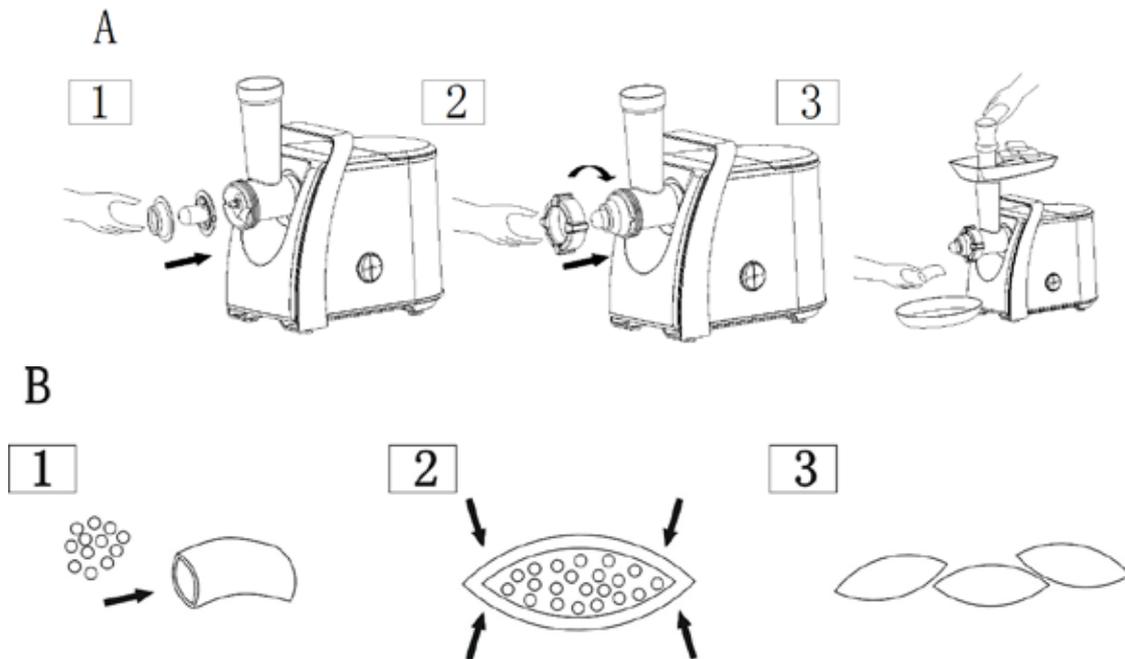
How to make the filling:

1. Mince the lamb once or twice.
2. Fry the onion in the olive oil and fry until brown. Add the lamb mince and cook it over a medium heat. Stir occasionally until the meat is fully browned. Add the spices, salt and flour and stir well to combine.
3. Remove from the heat and set aside to cool.

Kibbeh (outer shell of the croquettes):

- 450g lean meat (you could use beef, lamb or goat)
- 175g flour
- Spices to your taste (eg: nutmeg, allspice, cinnamon, paprika)
- Salt and pepper to your taste

USING THE KIBBEH ATTACHMENT:



Observe our illustrations "A and B".

How to make the kibbeh:

1. Mix all the ingredients together in a bowl.
2. Grind the mixture through the mincer three times.
3. Disassemble the mincer by reversing the assembly steps to remove the cutting plate and blade, keeping the feeding screw inside the head.
4. Place the kibbeh attachments (A and B) onto the feeding screw together, fitting the protrusions in the slots.

NOTE: The guides on attachment (A) are located in recesses on the scroll housing.

5. Screw the fixing ring into place until it fits firmly. Do not over tighten.
6. Use the food pusher to feed the kibbeh mixture through the food tray, forming tubes. Cut the tubes at 7 centimeter intervals and place on a tray.
7. To make the stuffed croquettes, seal one end of each tube by squeezing it tightly to seal. Press in 1 teaspoon of the filling inside each tube and then seal the ends.
8. Repeat until all the croquettes are filled and sealed.
9. Chill the kibbeh in the fridge for 1 hour before cooking.

Baking kibbeh:

- Pre-heat the oven to 200 degrees Celsius.
- Line a baking tray with baking paper and place the kibbeh onto the baking tray, evenly spaced out about 4 centimeters apart.
- Lightly brush the kibbeh with cooking oil.
- Bake for 25 minutes or until they are golden brown.

Deep frying kibbeh:

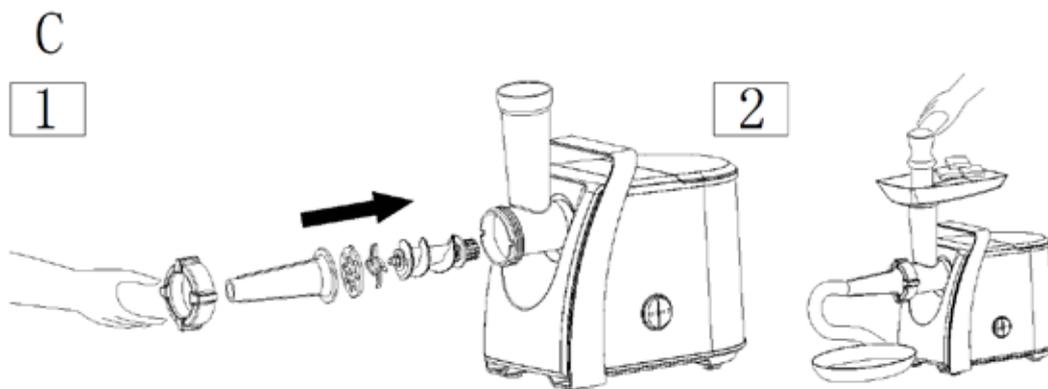
- Heat vegetable oil in a saucepan so that it is hot enough that you can see some gentle bubbling.
- Deep fry for 4 minutes or until golden brown.
- Deep fry in batches so that the saucepan is not crowded.

Serving kibbeh:

Serve hot or at room temperature with tzatziki sauce, Greek yoghurt and salad.

MAKING SAUSAGES:

Making homemade sausages requires no more than your chosen meat, seasonings, casings and the meat mincer. Create delicious combinations by mixing different herbs and spices.



Observe our illustration "C".

1. Assemble the sausage attachment. Screw the fixing ring into place until it fits firmly. Do not over tighten.
 2. Place the sausage casing around the sausage attachment. Tie the first end of the sausage casing and then use the food pusher to push the minced meat through. Minced meat must be used, not meat cubes.
- Sausage casings can be purchased through butcher shops.
3. Once all the minced meat has run through the sausage casing, snip the sausage with scissors and then tie off the sausage casing at the other end. Use a rolling motion to help easily tie the sausage casings.
 4. Roll and tie individual sections to desired sausage lengths, making sure to remove any air bubbles. Allow the sausage to rest for 60 – 90 minutes. For best results, refrigerate overnight before cooking the sausages.

Stovetop sausages:

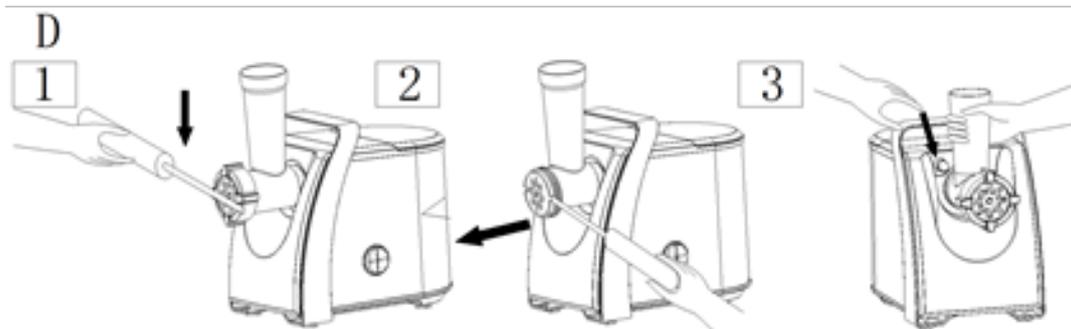
- Fry in an oiled pan on medium-low heat. Keep them rolling for 20 minutes or until cooked.

Grilling sausages:

- Preheat the grill to a medium flame, place the sausages on the grill and cook for 8-12 minutes.

CLEANING:

DISASSEMBLING



1. Ensure the motor has stopped completely and switch the appliance to the OFF position and unplug it from the power supply before disassembling and cleaning it.
2. Disassemble by reversing the assembly steps from 1 – 7.
3. If needed, use a screwdriver (not included) to help remove the blade from the head. Place the screwdriver between the plate and the head to separate them (fig. D 1 and 2).
4. Press and hold down the lock button, then while holding the tube on the head, turn it clockwise to the three o'clock position to unlock (fig D 3).
5. Release the lock button.

CLEANING

1. Remove any leftover meat scraps from the parts.
2. Wash each part in cool water with very little detergent. Avoid hot or warm water and more than a drop of detergent because the warm or hot water will accelerate the oxidation of aluminum and stainless steel, and soapy water is corrosive.
3. Do not clean with bleach, thinners or petrol.
4. The housing body must only be wiped with a slightly damp cloth. Do not immerse the housing body in water.
5. Ensure all parts are dry before they are packed away for storage.
6. Do not use a wire brush or other abrasive items.
7. Never use sharp or scouring cleaning materials.

Food tray, scroll, scroll housing and all accessories:

Do not clean these parts in the dishwasher.

SPECIFICATIONS

Max locked power: 800W

RECIPES:

Here are some hand-picked recipes to help get you started once you have minced your meat in the Meat Mincer.

Pork Sausages

- 1 kg pork shoulder – minced in the Meat Mincer
 - Sausage casing
 - 2 tbsp sea salt
 - 1 tsp black pepper
 - 2 tsp cumin
 - 2 tsp chilli flakes
 - 1 tbsp minced garlic
 - 1 tbsp balsamic vinegar
 - 1 tbsp brown sugar
 - 1 tbsp smoked paprika
1. Place the minced pork into a bowl. Sprinkle the sea salt, black pepper, cumin, chilli flakes, minced garlic, balsamic vinegar, brown sugar and smoked paprika onto the meat.
 2. Then using your hands, gently mix all the ingredients together until they are combined. Do not over-knead the ingredients.
 3. Run the pork mixture through the Meat Mincer.
 4. Secure the sausage attachments onto the Meat Mincer. Fit the sausage casing onto the sausage attachment. Tie the end of the sausage casing.
 5. Turn on the Meat Mincer and then use the food pusher to push the minced pork through. Keep the casing on the sausage attachment secured and allow the minced pork to feed into the casing. When all the pork has gone into the casing, turn off the Meat Mincer.
 6. Slide the remaining casing off of the sausage attachment. Snip the pork sausage with scissors and then tie off the sausage casing at the other end. Use a rolling motion to help easily tie the sausage casings. Cut and tie off the sausages into smaller sections, pushing the pork to the tied end and tying a knot in the open end, each time.
 7. Allow the pork sausages to rest for 60 – 90 minutes at room temperature to settle. For best results, refrigerate overnight before cooking them.
 8. Fry in an oiled pan on medium-low heat. Keep them rolling for 20 minutes or until cooked.

Chicken Meatballs

- 1 kg chicken thigh or breast - minced in the Meat Mincer
 - 1 cup breadcrumbs
 - 2 lightly beaten eggs
 - 2 tbsp powdered chicken stock
 - 2 tbsp cumin
 - 2 tbsp minced garlic
1. Put the minced chicken into a bowl. Add the breadcrumbs, lightly beaten eggs, powdered chicken stock, cumin and minced garlic.
 2. Then using your hands, gently mix all the ingredients together until they are combined.
 3. Roll the chicken mixture into small balls.
 4. Fry in an oiled pan on medium-low heat. Cook for 3 – 5 minutes or until cooked through.
 5. Cook in a tomato-based pasta sauce and serve with cooked pasta.

Lamb Burgers

- 500g lamb – minced in the Meat Mincer
 - 1 tbsp minced garlic
 - 1 tsp cumin
 - 1 tsp coriander
 - 1 tsp oregano
 - Pinch of chilli flakes
 - Pinch of sea salt
 - Pinch of black pepper
 - 1 beaten egg
1. Put the minced lamb into a bowl. Add the minced garlic, cumin, coriander, oregano, chilli flakes, sea salt and pepper.
 2. Then using your hands, gently mix all the ingredients together until they are combined. Add the beaten egg and mix until incorporated.
 3. Shape the lamb mixture into burger patties.
 4. Fry in an oiled pan on medium-low heat. Cook for 4 – 5 minutes on each side.
 5. Serve on hamburger rolls with desired toppings.

Classic Meatloaf

Meatloaf:

- 750g beef chuck steak – minced in the Meat Mincer
- 1 cup breadcrumbs
- 2 brown onions – diced
- 1 tbsp parsley
- 1 tbsp minced garlic
- 1 lightly beaten egg
- ½ cup tomato sauce
- 1 tbsp Worcestershire sauce

Sauce:

- 2 tbsp brown sugar
- ½ cup tomato sauce
- 1 tbsp yellow mustard
- 1 tbsp Worcestershire sauce

1. Pre-heat the oven to 180° C.
2. Put the minced beef into a bowl. Add the breadcrumbs, onion, parsley, minced garlic, lightly beaten egg, tomato sauce and Worcestershire sauce.
3. Then using your hands, gently mix all the ingredients together until they are combined.
4. Grease a loaf pan. Spoon the beef mixture into the greased loaf pan. Use a spoon to level the top.
5. In a separate bowl, combine the brown sugar, tomato sauce, yellow mustard and Worcestershire sauce. Mix the sauce mixture well and pour it over the meatloaf in the pan.
6. Bake the meatloaf for 55 – 60 minutes. Drain the excess oil from the pan after baking.
7. Serve with mashed potatoes.

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