

# Steam Juicer

## Delicious juice from fresh fruits and vegetables



**Fresh fruits and vegetables (even herbs) can also be easily processed into a healthy juice at home using a steam extractor.** Maybe they still know the old steam juicer of the grandmother, the kilos of apples or quinces were juiced.

### Different juicers - who can what?

A juice press separates the juice from the fruit by mechanical pressure. This may be good when squeezing a lemon or the occasional glass of orange juice. A centrifugal juicer is well suited for hard fruit and processed this pretty quickly. In this case, the fruit or vegetables are first comminuted with a friction disc. The centrifugal force then ejects the juice. These centrifuges can be of very different quality and are not so suitable for juicing berries.

In an electric juicer, the fruit or vegetables are crushed and the juice is then pressed through a sieve. These juicers can be very good, but are more suitable for smaller cakes of juice. Even so - called professional juicers are popular with many people. These are electronically operated and process fruits and vegetables. However, you usually also do not have a lot of fruits at once. It is more suitable for daily household use. So if you are looking for a way to juicing large quantities of fruit or vegetables, a steam extractor is well suited. This allows you to juice wonderfully kilowise berries or, for example, apples - without much effort.

A steam juicer is also excellently suited for the enstandenen juice production of jelly use. A further advantage of the steam trap is that the juice is more durable through the heat supply. So you can enjoy it until the next season.

### How do steam juicers work?

consist of 5 different parts, which are put together. On the whole, they look like big cooking pots. The water is added to the lower pot, which later produces the steam. Then place the collecting container, which is equipped with a funnel in the middle. This container also contains the drain hose, which is made of either rubber or silicone.

A clamp is attached to the drain hose, so that the juice does not leak during juicing. Thus, it can be filled into the desired vessels in a targeted manner. The fruit basket, which reminds one of a strainer, is placed on the collecting container. This also contains the funnel through which the steam rises. For juicing, you only have to put all the parts together, fill in water, fill fruit or vegetables, put the lid on and set the stove on.

The hot water vapor causes the plant cells to burst in the fruit. The resulting juice then flows into the collecting container and then into the drain hose