

BACK TO BASICS

FOOD STRAINER AND SAUCE MAKER

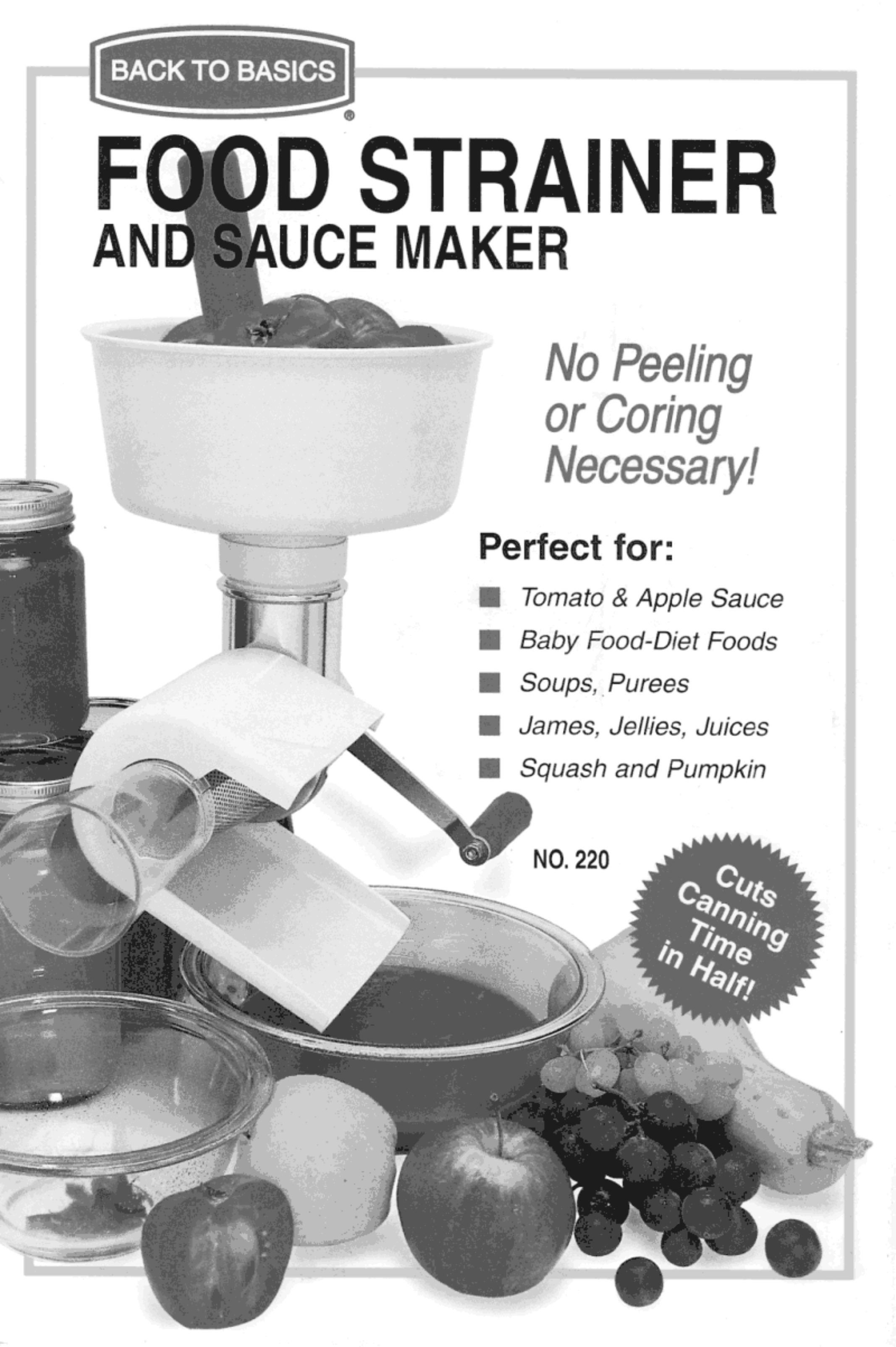
*No Peeling
or Coring
Necessary!*

Perfect for:

- *Tomato & Apple Sauce*
- *Baby Food-Diet Foods*
- *Soups, Purees*
- *Jams, Jellies, Juices*
- *Squash and Pumpkin*

NO. 220

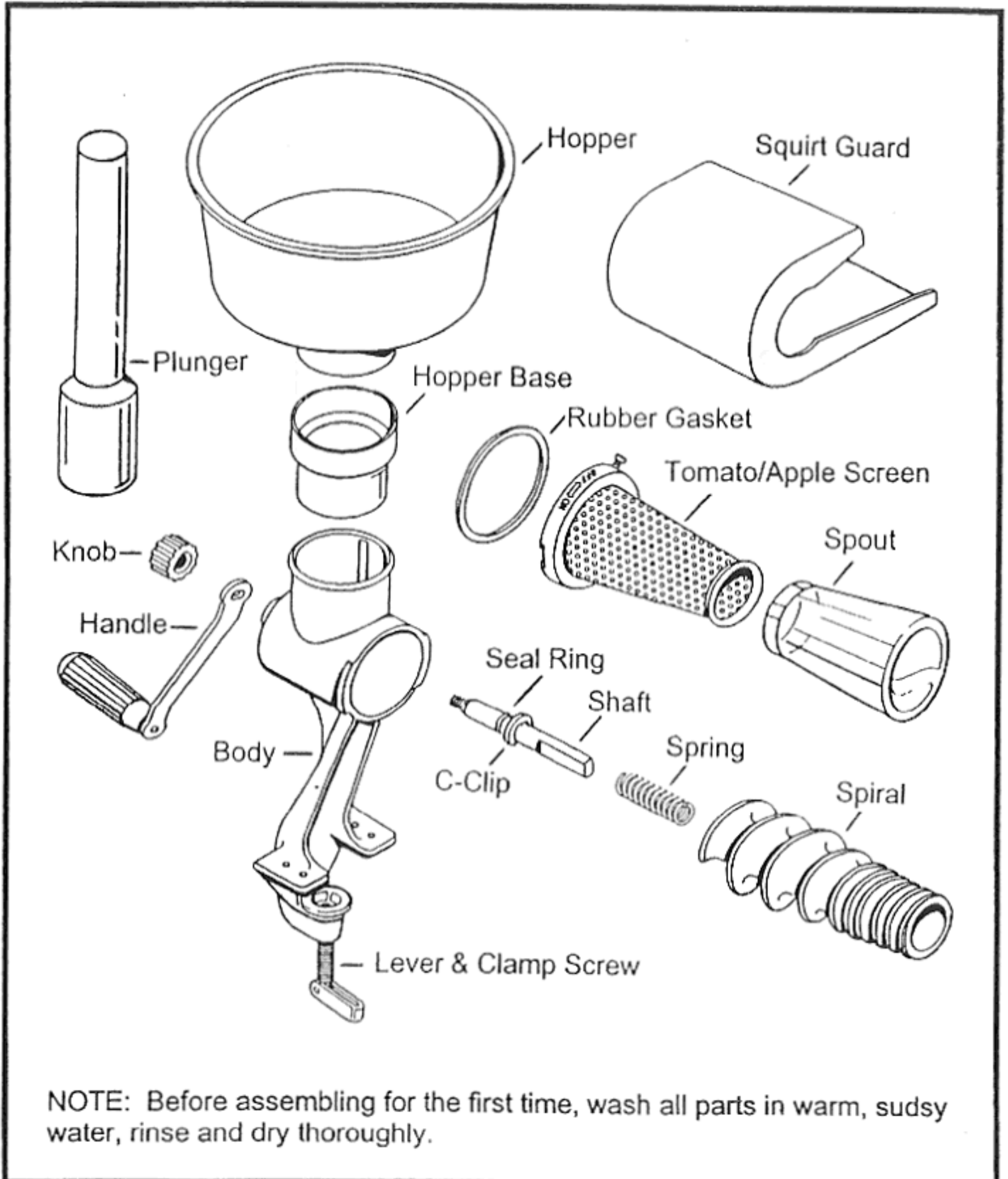
**Cuts
Canning
Time
in Half!**



CONGRATULATIONS!

You'll love using your new Back To Basics Food Strainer. It makes home canning, freezing, and everyday food preparation so much quicker and easier. Also, you can save hundreds of dollars every year by processing your own fresh, natural foods. Your Strainer will pay for itself many times while providing better tasting, more nutritious foods. Before using for the first time, study the diagram below to become familiar with the various parts of your Food Strainer.

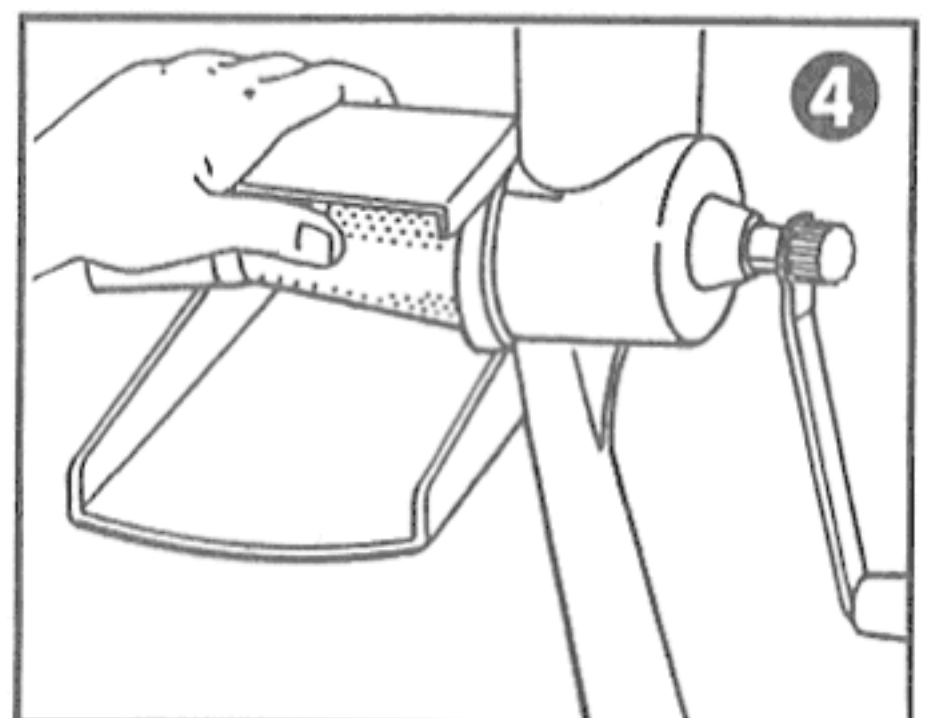
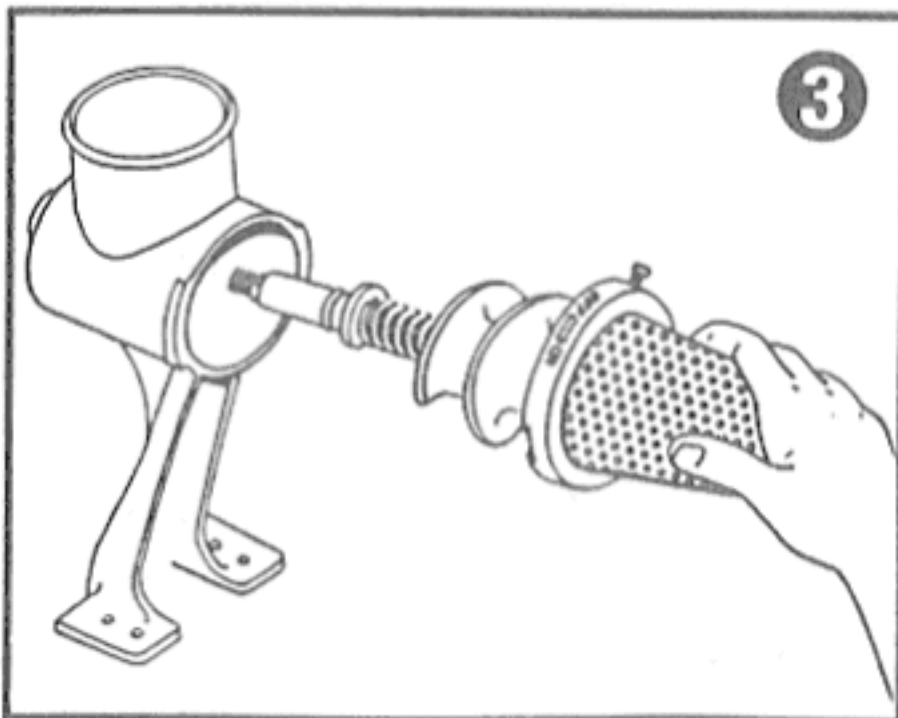
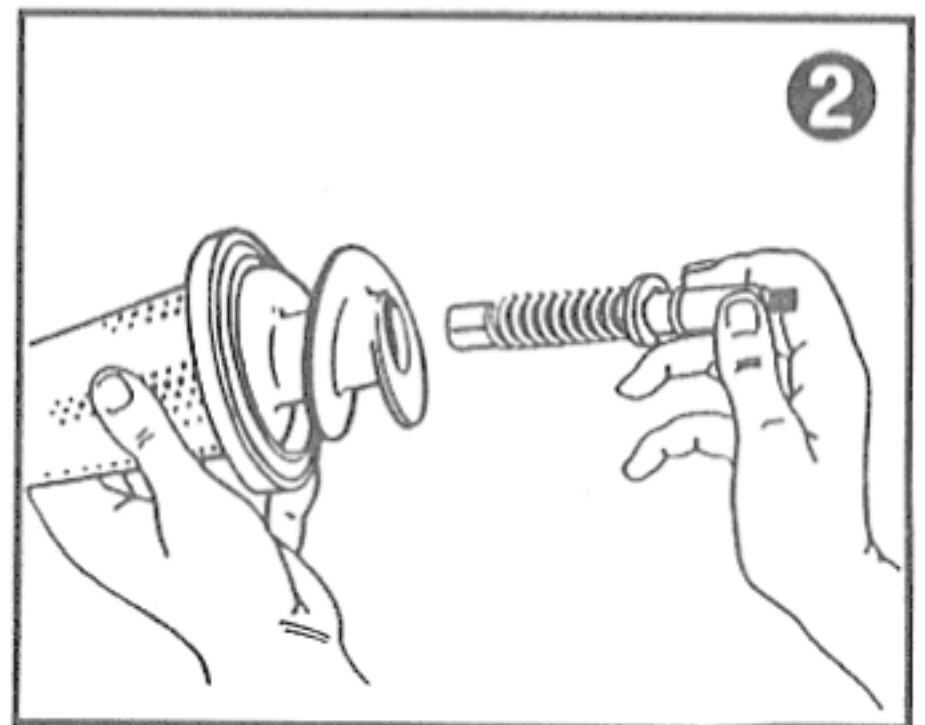
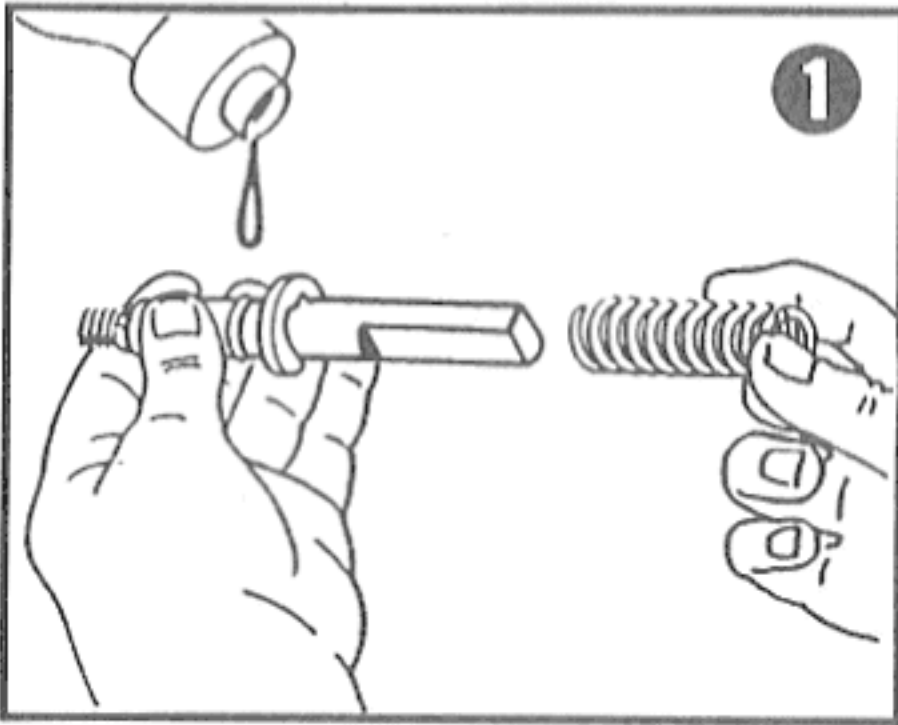
PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY TO GET THE MAXIMUM USE FROM YOUR FOOD STRAINER.



NOTE: Before assembling for the first time, wash all parts in warm, sudsy water, rinse and dry thoroughly.

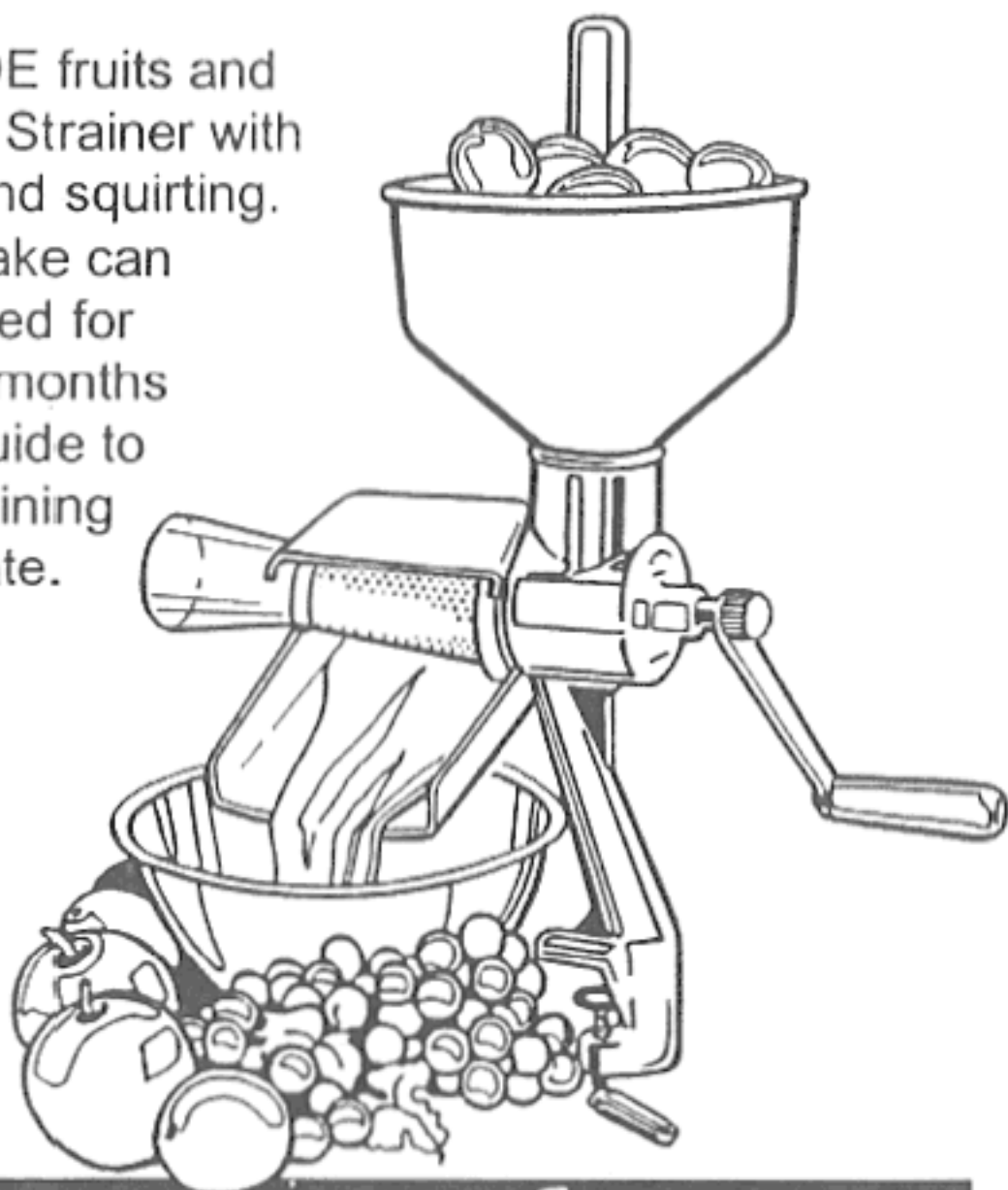
HOW TO ASSEMBLE

1. To begin assembly, clamp the Food Strainer body to a table or countertop. Do not overtighten.
2. Assemble the shaft and spring as shown in figure #1. (Make sure the retaining C-clip and rubber seal ring are on the shaft.) Place a drop of vegetable oil on the rubber seal ring on the shaft to lubricate it.
3. Place the rubber gasket on the inside rim of the screen, then place the small end of the spiral inside of screen. Now, put the unthreaded end of the shaft assembly into the spiral as shown in figure 2.
4. Push the shaft/spiral/screen assembly into the body until the threaded end of the shaft comes through the hole in body. Rotate the screen until the notches slide over the tabs on the body, then tighten the screen screw so that screen can not come loose. See figure 3.
5. Attach the handle to the shaft with the handle knob and tighten securely.
6. Snap the small end of the spout into place on the end of the screen, then slide the squirt guard over the screen from the rear so that it snaps onto the body and small end of the spout. Figure 4.
7. Place the hopper on top of the Strainer body. Your Food Strainer is now assembled and ready for use.



HELPFUL HINTS

1. The Strainer operates easily when fruits and vegetables are in the spiral, but difficult to turn when empty. Do not turn handle when Strainer is empty.
2. When straining certain foods, it is normal for some pulp to empty with the waste. This discard can be restrained to retrieve more of the pulp.
3. The squirt guard may be removed if necessary when processing drier foods such as beans or potatoes.
4. If the Strainer handle becomes difficult to operate, turn a complete turn counter-clockwise.
5. DO NOT FORCE, simply GUIDE fruits and vegetables into the body of the Strainer with plunger to eliminate jamming and squirting.
6. The sauces and purees you make can be used immediately, refrigerated for later use, or preserved for use months from now. Consult a reliable guide to home preserving if you are straining foods to can, freeze or dehydrate. Proper methods are important.



HOW TO USE

1. To prepare food for processing, wash fruit and vegetables thoroughly and cut into pieces just small enough to fit into the opening at the base of the food hopper. Remove any pits and stems. The Strainer will remove peelings, cores, seeds and small stems.
2. Place two bowls beneath the Strainer. Position one bowl under the screen to collect the sauce, pulp or juice and the other bowl under the spout to collect the waste.
3. Fill the food hopper about half full. Use the food pusher to guide food into the body as you turn the handle clockwise.
4. When processing has been completed, remove the squirt guard and use a spatula to scrape the remaining food pulp from the screen.
5. The strained food should be used immediately or preserved through canning, freezing or dehydrating. To be assured of safety and quality in preserved foods, always use recipes from reliable sources.
6. Discard the waste peelings, cores, seeds, etc.

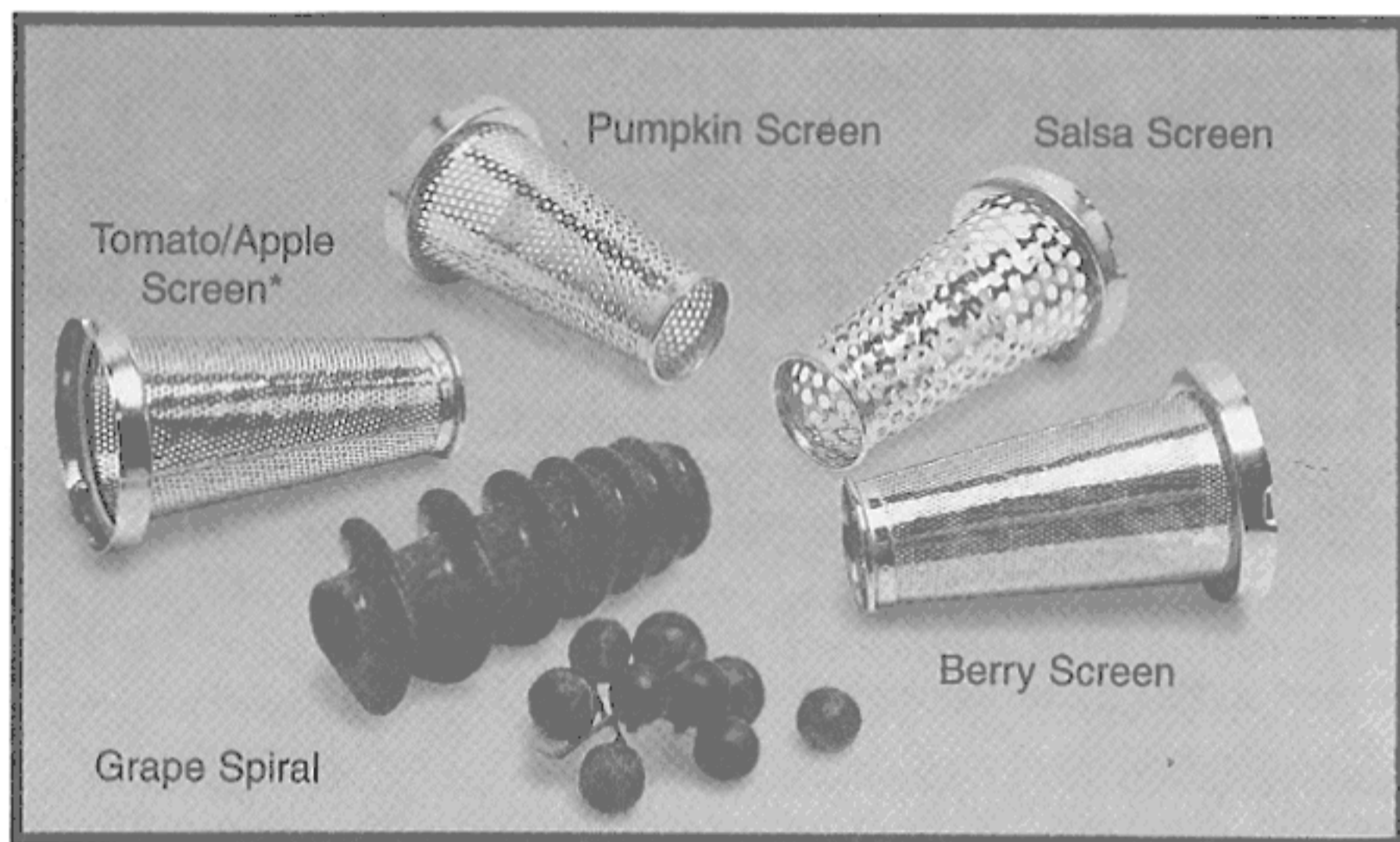
CARE AND CLEANING

After using your Strainer, disassemble completely and wash all parts in hot, soapy water. Give a little extra attention to the end of the screen and along the seam where seeds and skins may get lodged. A small stiff brush works best. Dry thoroughly, apply a drop of vegetable oil to the rubber seal ring on the drive shaft, reassemble and store in the original carton.

NOTE: White plastic parts may become stained after straining cooked foods such as tomatoes, berries, etc.

OPTIONAL SCREENS & SPIRAL Available Separately

Expand the use of your Food Strainer with these useful screens and spirals.



*The Tomato/Apple Screen comes with your Food Strainer and has a medium screen for making tomato and applesauce.

The Berry Screen has a fine screen for removing small seeds in raspberries, strawberries, blueberries, etc. Ideal for making jams, jellies, and pie filling.

The Pumpkin Screen has a coarse screen for processing pumpkin, squash, and potatoes. Great for pies, breads and side dishes.

The Grape Spiral is used to process grapes for jellies and delicious juices. Its shorter length eliminates jamming of seeds and skins.

The Salsa Screen is a very coarse screen for processing salsa and chunkier recipes. Great time saver.

GETTING STARTED

REMEMBER TO ALWAYS FOLLOW RECOMMENDED CANNING, FREEZING, AND DEHYDRATING PROCEDURES WHEN PRESERVING THESE FOODS OR ANY OTHERS.

APPLE SAUCE Wash, remove stems, then quarter. Do not peel, remove cores or seeds. Simmer or steam until tender - about 15 to 20 minutes. Drain and cool slightly. Process through the Tomato/Apple Screen. Add sugar, honey or seasoning. Combine different apple varieties to suit your particular tastes.

TOMATO SAUCE & JUICE For best results use fresh, ripe uncooked tomatoes. Wash and cut into quarters. Process through Tomato/Apple Screen. Add seasonings before or after straining. If you cook tomatoes first, let them cool slightly before straining. For thicker sauce or tomato paste, simmer pulp until thick.

APRICOTS, PEACHES, PEARS, PRUNES, PLUMS, ETC. Wash fruit and remove pits if necessary. Simmer until soft. Drain and cool prior to straining through Tomato/Apple Screen. Add sweetener or season to taste.

VEGETABLE SOUPS, PUREES & BABY FOODS Wash vegetables and cut into quarters or cubes. Simmer until soft, then drain. Cool slightly before straining through Tomato/Apple or Pumpkin Screen. Purees will be seedless, skinless, and free of tough fibers.

BEANS & PEAS Use any cooked beans or peas for soups, side dishes, bean dips, burritos, tacos, or enchiladas. Strain through the Pumpkin Screen and season to taste with onion, garlic, etc.

BERRIES Use the Berry Screen to process berries that have very small seeds. Wash, remove stems, and process. Perfect for making jams, jellies, pie fillings, dessert and ice cream toppings, and for dried fruit leather.

PUMPKINS & SQUASH Use the Pumpkin Screen to process squash and pumpkin. Wash, remove seeds and cut into small sections. Steam or bake until soft. Cool, then strain. Just right for pies, breads and side dishes. Freeze in one cup portions for later use.

POTATOES & CORN Make mashed potatoes quickly for large groups or families. No need to peel. Just quarter, cook until soft, then strain through Pumpkin Screen. Add milk, butter and salt to taste.

GRAPE JUICE Use the shorter Grape Spiral to process grapes. Wash, remove stems and strain with the Tomato/Apple Screen. You may want to run pulp through the Strainer a second time to remove maximum juice.

SALSA Use the Salsa Screen to process chunky salsa. Wash, remove stems and seeds you do not want in the salsa, quarter tomatoes and other vegetables. Then process through Strainer.

RECIPES

EASY TOMATO SAUCE

1	onion, finely chopped	1-1/2	cups tomato puree
2	Tablespoons butter	1	cup beef broth
1	Tablespoons olive or canola oil		salt and pepper to taste

Saute onion in butter and oil until soft. Add tomato puree, broth salt and pepper. Boil until reduced to 2 cups. Serve immediately over vegetables or pasta, or refrigerate or freeze for later use.

Variation: Add garlic, oregano, basil or other favorite herbs to taste.

MARINARA SAUCE

“Marinara” actually means sailor-style sauce; this sauce is especially good served over seafood. It can be varied with the addition of sauteed mushrooms, meatballs or sausages.

3	cloves garlic, minced	1	teaspoon oregano
1/4	cup parsley, minced	2	cups tomato puree
1/2	cup olive oil		salt and pepper to taste

Heat oil and saute garlic until soft and golden (do not burn). Stir in parsley, tomato puree, oregano, salt and pepper, and simmer for 30 minutes or longer until thick.

SHIRLEY'S TOMATO JUICE

12	ripe tomatoes	2	sprigs parsley
1	slice of onion		salt and pepper
2	celery stalks with leaves		sugar
1	bay leaf		

Wash tomatoes, remove bad spots and quarter. Put tomatoes and other vegetables into saucepan. Simmer 30 minutes, stirring often. Don't boil. Put mixture through Strainer. Return to saucepan, add salt, pepper and sugar to taste, bring to boiling point, the ladle it into hot, clean canning jars. Process in boiling water bath for 15 minutes for canning in pint or quart jars.

Yield: Approximately 4 pints.

Tip: Extra tomato juice can be used as a base in soups. For a clear soup, mix the tomato juice with clam broth. To create creamy tomato soup, add light cream or a thin cream (white) sauce. Or for a delightful aspic, use the tomato juice as a base.

VEGETABLE AND TOMATO JUICE

8	quarts ripe tomatoes	1	lemon, sliced thin
8	stalks celery with leaves	1	Tablespoon salt
1/4	cup parsley, minced	1	cup finely chopped carrots
3	small onions, finely chopped	1	cup finely chopped green pepper
1	leek		freshly ground pepper to taste
1/2	teaspoon allspice		
1	Teaspoon Worcestershire		

Wash tomatoes and cut into quarters. Finely chop celery and leaves, onions and white part of leek. Put tomatoes, chopped celery, onion, leek, parsley, lemon slices, carrot and green pepper into large non-aluminum pot. Cook over medium heat for 30 minutes until vegetables are soft. Put mixture through Strainer. Season with salt, allspice, Worcestershire and pepper. Chill and serve as juice or soup. Preserve by pressure canning or freezing.

Yield: About 6 quarts. To increase recipe, double amounts of vegetables but add seasonings to taste.

SPICY APPLESAUCE

You can make a good, tasty applesauce using just one variety of apple, but for more exciting, flavorful sauce, try to use two or three varieties such as: McIntosh for pink color, Northern Spy for aroma, Delicious for mild flavor, Russet for juice and sugar, Cortland for sweetness, Gravenstein for richness, Rome for fragrance, Winesap for tartness.

8	lbs apples of different varieties	8	Tablespoons butter or margarine
12	whole cloves		lemon juice and rind to taste
1/4	cup honey or to taste		pinch of salt
	cinnamon to taste		

Put apples in large kettle with whole cloves and 1/2 inch of water or cider in bottom of pot. Cover and steam until tender over medium heat. Remove cloves and put mixture through Strainer. Season to taste with remaining ingredients. *Yield:* 16 cups.

EASY APPLE CRISP PUDDING

2	cups granola	3	Tablespoons brown sugar
1-1/2	cups unsweetened applesauce	1	Tablespoon butter
		1	teaspoon cinnamon

Put alternative layers of granola and applesauce into buttered baking dish ending with granola. Dot with butter and sprinkle with brown sugar and cinnamon. Bake at 350° for 20 minutes. Serve with whipped cream.

APPLESAUCE BUTTER

Simmer 2 cups applesauce with 3/4 teaspoon cinnamon, 1/4 teaspoon ground cloves, 1/4 teaspoon ground allspice, and the juice of 1 lemon. When well flavored, use as a sauce for hot gingerbread, waffles or pancakes.

APPLESAUCE CAKE

1/2 cup butter or margarine	1/2 teaspoon ginger
1/2 cup granulated sugar	1-3/4 cups unbleached flour
1/2 cup brown sugar	1 cup whole wheat flour
1-1/2 cups applesauce	1/4 teaspoon salt
1 teaspoon cinnamon	1 teaspoon baking soda
1/2 teaspoon mace	1 cup seedless raisins

Preheat oven to 350°. Cream together butter and sugars until smooth. Season applesauce with spices, and add to butter mixture. Gradually add combined flour, salt and soda. Add raisins and mix well. Turn into greased 8 x 8 x 2" pan. Bake for 45-50 minutes until cake tests done. Turn out and cool on rack.

WINTER JAM

3 cups cranberries	1 cup canned crushed pineapple
2 apples, quartered	3 cups sugar
1-1/2 cups water	1/2 teaspoon ground ginger
grated rind and juice of 1 lemon	

Cook cranberries and apples in water until tender. Process mixture through Strainer. Return to kettle and add lemon juice and rind, pineapple and sugar. Stirring constantly, boil until jam is thick and clear. Add ginger. Pour into sterilized jars and seal. Yield: 4 cups.

PUMPKIN BREAD

1 cup white sugar	1 teaspoon baking soda
1/2 cup brown sugar	1 teaspoon salt
1/3 cup butter or margarine	1/2 teaspoon cinnamon
2 eggs	1/4 teaspoon cloves
1 cup unbleached flour	1/4 teaspoon allspice
2/3 cup whole wheat flour	1/3 cup cider
1/4 teaspoon baking powder	1 cup pumpkin puree

Preheat oven to 350°. Cream the sugars and butter together until very light. Add eggs one at a time, beating well. Mix together flours, baking powder, soda, salt and spices. Add alternately to creamed mixture with cider and pumpkin. Beat well. Turn into 2 greased loaf pans. Bake for 1 hour, until bread tests done.

COUNTRY FAIR CARROT CAKE

3	cups carrots, pureed	1/2	teaspoon salt
4	eggs	2	teaspoons baking powder
1-1/4	cups vegetable oil	1	cup walnuts, chopped
2	cups sugar	1	teaspoon vanilla
2	cups flour	1/2	teaspoon ground ginger

Preheat oven to 350°. In large bowl mix together the carrot puree and eggs. Add oil and blend. Gradually stir in sugar, flour, salt and baking powder, mixing well. Add nuts, vanilla and ginger. Mix all together and turn into greased 10-inch tube pan. Bake for 1-1/2 hours until cake tests done. Remove from oven and glaze while still warm.

TOO MANY PUMPKINS, CARROTS, SQUASH & ZUCCHINI?

What to do with all those pumpkins? Process them in your Strainer for lots of pumpkin puree to freeze or bottle to use in bread, cakes, pies, pudding and muffins. You can try the same with carrots if you have a surplus crop. Carrots make great soups and delicious cookies. Pumpkins, carrots and winter squash can all be used interchangeably in baking recipes because they are of the same consistency and sweetness.

To process these vegetables, steam them until soft and very tender. Cut the squash or pumpkin into large pieces and *remove the seeds and fibers*. Scrub the carrots, cutting off the tops. Then steam the prepared vegetables in a large pot on top of the stove with a small amount of water in the bottom, or in a large baking pan in a 350° oven. Scoop the pulp of the squash or pumpkin out of its skin and put it through the Strainer using the Pumpkin Screen. Pack into containers and freeze, or use "as is" in your favorite recipes. We suggest you freeze in amounts easiest to use in recipes, such as one or two cup containers.

Here's a way to freeze zucchini so it doesn't get watery and can be used any time for a vegetable or for soups. Trim the ends of the zucchini, cut into chunks, steam until soft, and process it in the Strainer. Saute this mixture in a small amount of butter or oil for about 10 minutes, or until moisture has evaporated. Season to taste and serve as a vegetable immediately, or cool, package and freeze in small amounts. With the addition of chicken or vegetable broth, seasonings, milk and a small amount of pureed soybean or other thickening agent, you have a delicious and healthy winter soup.