

# KENWOOD

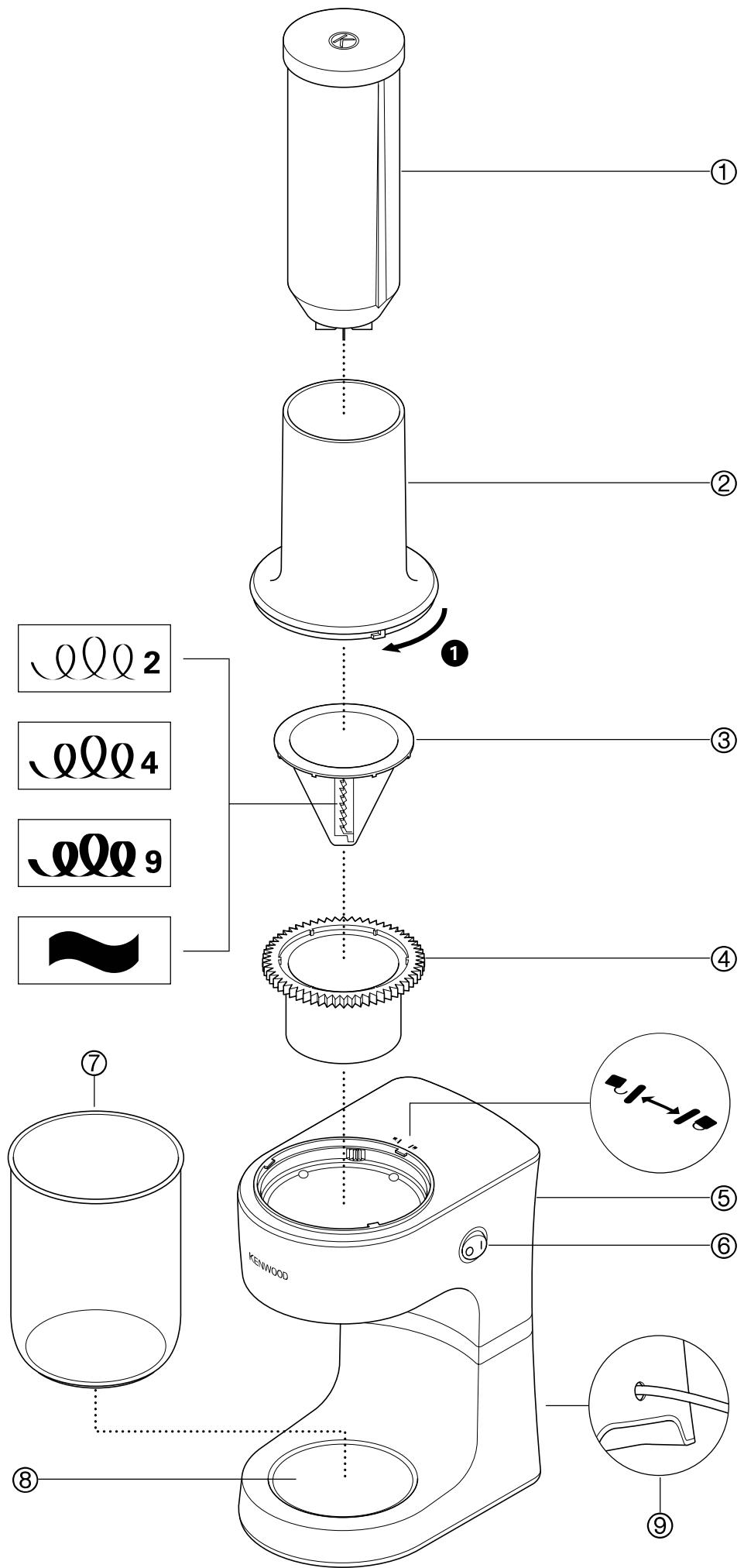
## TYPE FGP20

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### instructions and recipe ideas



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## safety

- Read these instructions carefully and retain for future reference.
- Remove all packaging and any labels including the protective film from the cutting blades.
- If the cord is damaged it must, for safety reasons, be replaced by KENWOOD or an authorised KENWOOD repairer.
- **Take care the cone blades and end of the pusher blade are very sharp, handle with care.**
- Switch off and wait until the blades have completely stopped before removing the lid.
- Switch off and unplug:
  - before fitting or removing parts;
  - when not in use;
  - before cleaning.
- Never use your fingers to push food down the feed tube. Always use the pusher supplied.
- Never use a damaged appliance. Get it checked or repaired: see 'service and customer care'.
- Never let the power unit, cord or plug get wet.
- Do not let excess cord hang over the edge of a table or worktop or touch hot surfaces.
- Never leave the appliance on unattended.
- Misuse of your appliance can result in injury.
- Never use an unauthorised attachment.
- Appliances can be used by persons 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 if they understand the hazards involved.
- Children should be supervised to ensure that they do not play with the appliance.

- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- Only use the appliance for its intended domestic use. Kenwood will not accept any liability if the appliance is subject to improper use, or failure to comply with these instructions.

### **before plugging in**

- Make sure your electricity supply is the same as the one shown on the underside of the appliance.
- This appliance conforms to EC Regulation 1935/2004 on materials and articles intended to come into contact with food.

### **before using for the first time**

Wash the parts: see 'care and cleaning'.

## **key**

① pusher with support blade

② lid with feed tube

③ cutting cone

Actual cones in pack may vary. Optional cones available include:

 ② Spaghetti (2 X 2mm)

 ④ Linguine (2 X 4mm)

 ⑨ Tagliatelle (2 X 9mm)

 Flat blade (Pappardelle) - width of ribbon determined by width of food

④ cone holder

⑤ power unit

⑥ On/Off switch

⑦ container

⑧ container platform

⑨ cord storage

- Refer to the "service and customer care" section to obtain additional cutting cones.

## **to assemble your spiralizer**

- 1 Insert the cone holder ④.
- 2 Fit the desired cutting cone ③. The lid cannot be fitted if the cone holder or cone are not located correctly. Ensure that the cone sits flush with the holder.
- 3 Fit the lid and align the ▼ on the lid with the □ on the body. Turn clockwise until the ▼ aligns with the □ ①.
- 4 Place the container under the cutting cone.
- 5 Cut the foods to fit the feed tube and attach to the blade on the end of the pusher.
- 6 Place the pusher in the food tube ensuring the groove on the pusher aligns with the rib in the feed tube.
- 7 Switch on and hold the pusher in position to guide the food down the feed tube.

### **hints & tips**

- Use spiralized vegetables to replace pasta and noodles.
- Use firm fruits and vegetables without stones, seeds or hollow centres.
- Do not use soft, juicy or overripe foods as they will fall apart when spiralized.
- Many important vitamins and nutrients are found in the skin of fruit and vegetables, so only remove if inedible.
- Select vegetables that are as straight as possible.

- Cut the end of the food to create a flat surface to ensure it can be attached to the end of the pusher. Uneven ends will make it difficult to secure to the end of the pusher causing poor results.
- Ensure that the diameter of the food is more than 5 cm so that it can be attached securely to the end of the pusher.
- You will be left with a cone shaped end pieces at the end of spiralizing. These pieces can be sliced and used.
- Lightly steam, blanch, boil or stir fry the spiralized food.

| <b>Food item</b>       | <b>Preparation</b>   | <b>Comments</b>   |
|------------------------|--|---|
| Apples                 | <ul style="list-style-type: none"> <li>• Use small apples (diameter to fit feed tube).</li> <li>• Trim end so flat.</li> <li>• No need to core or remove seeds as core will be retained on end of pusher.</li> </ul> | <ul style="list-style-type: none"> <li>• Spiralized apple will turn brown quickly so use immediately or add lemon juice.</li> <li>• Use in salads and dessert recipes.</li> </ul> |
| Beetroot               | <ul style="list-style-type: none"> <li>• Remove leaves.</li> <li>• No need to peel fresh beetroot, just wash the skin before spiralizing.</li> </ul>   | <ul style="list-style-type: none"> <li>• Cooked beetroot is too soft and will not spiralize well.</li> <li>• Eat raw in salads.</li> </ul>  |
| Broccoli Stems         | <ul style="list-style-type: none"> <li>• Trim the stems.</li> </ul>  | <ul style="list-style-type: none"> <li>• When cooking broccoli save the stems and spiralize them.</li> </ul>  |
| Carrots                | <ul style="list-style-type: none"> <li>• Choose large straight carrot and trim ends flat.</li> </ul>   | <ul style="list-style-type: none"> <li>• Lightly steam, blanched, boil or stir fry.</li> </ul>  |
| Celeriac               | <ul style="list-style-type: none"> <li>• Peel and cut to fit the feed tube.</li> </ul>   |   |
| Courgettes             | <ul style="list-style-type: none"> <li>• Choose large straight courgettes and cut off the top and bottom ends.</li> </ul>  |   |
| Parsnip                | <ul style="list-style-type: none"> <li>• Choose large straight parsnips and cut off the top and bottom ends.</li> </ul>  |   |
| Swede/Turnip           | <ul style="list-style-type: none"> <li>• Peel and cut to fit the feed tube.</li> </ul>   |   |
| Butternut Squash       | <ul style="list-style-type: none"> <li>• Use the non bulbous end without the hollow centre and seeds.</li> <li>• Peel and cut to fit the feed tube.</li> </ul>   |   |
| Kohlrabi               | <ul style="list-style-type: none"> <li>• Peel and trim to fit the feed tube.</li> </ul>  |   |
| Daikon Radish or Mooli | <ul style="list-style-type: none"> <li>• Peel and trim to fit the feed tube.</li> </ul>  | <ul style="list-style-type: none"> <li>• Good alternative to rice.</li> </ul>   |
| Jerusalem Artichokes   | <ul style="list-style-type: none"> <li>• Wash and trim to fit the feed tube.</li> </ul>  | <ul style="list-style-type: none"> <li>• Place in water with a small amount of lemon juice straight after processing to prevent discolouration.</li> </ul>                        |

| Food item               | Preparation   | Comments   |
|-------------------------|---|--|
| Pears                   | <ul style="list-style-type: none"> <li>Choose firm small pears.</li> <li>Cut to fit the feed tube.</li> </ul> | <ul style="list-style-type: none"> <li>Spiralized pear will turn brown quickly so use immediately or add lemon juice.</li> <li>Use in salads and dessert recipes.</li> </ul> |
| Sweet Potato/<br>Potato | <ul style="list-style-type: none"> <li>Wash the skins.</li> <li>Cut to fit the feed tube</li> </ul>           | <ul style="list-style-type: none"> <li>Place in water straight after processing to stop the strands discolouring.</li> </ul>   |

## care and cleaning

- Always switch off and unplug before cleaning.
- Handle the cone blades and pusher blade with care - they are extremely sharp. Use a brush to clean the blades.
- Some foods may discolour the plastic. This is perfectly normal and will not harm the plastic or affect the flavour of your food. Rubbing with a cloth dipped in vegetable oil may help remove the discolouration.
- Store the cones in the container after use.

### **power unit**

- Wipe with a damp cloth, then dry.
- Do not immerse the power unit in water.
- Push excess cord into the back ⑨ of the power unit.
- Wash the removable parts by hand, then dry.
- Alternatively they can be washed in your dishwasher.

## service and customer care

- If you experience any problems with the operation of your appliance, before requesting assistance refer to the "troubleshooting guide" section in the manual or visit [www.kenwoodworld.com](http://www.kenwoodworld.com).
- Please note that your product is covered by a warranty, which complies with all legal provisions concerning any existing warranty and consumer rights in the country where the product was purchased.
- If your Kenwood product malfunctions or you find any defects, please send it or bring it to an authorised KENWOOD Service Centre. To find up to date details of your nearest authorised KENWOOD Service centre visit [www.kenwoodworld.com](http://www.kenwoodworld.com) or the website specific to your Country.
- Designed and engineered by Kenwood in the UK.
- Made in China.



**IMPORTANT INFORMATION FOR  
CORRECT DISPOSAL OF THE  
PRODUCT IN ACCORDANCE  
WITH THE EUROPEAN DIRECTIVE  
ON WASTE ELECTRICAL AND  
ELECTRONIC EQUIPMENT (WEEE)**

At the end of its working life, the product must not be disposed of as urban waste. It must be taken to a special local authority differentiated waste collection centre or to a dealer providing this service.

Disposing of a household appliance separately avoids possible negative consequences for the environment and health deriving from inappropriate disposal and enables the constituent materials to be recovered to obtain significant savings in energy and resources. As a reminder of the need to dispose of household appliances separately, the product is marked with a crossed-out wheeled dustbin.

# troubleshooting guide

| <b>Problem</b>                                       | <b>Cause</b>  | <b>Solution</b>   |
|--|---|---|
| Spiralizer not operating.                            | No power.   | Check that appliance plugged in.  |
|  | Lid not locked correctly.   | Check that lid is located correctly.                                    |
| Lid cannot be fitted.                                | Cone holder or cone not fitted correctly.                                       | Check that cone holder and cone are located correctly.                  |
| Poor results.  | Food too soft or juicy.   | Use firm fruits and vegetables without stones, seeds or hollow centres. |
|  | Food too narrow or small.   | Select food as straight as possible and ensure diameter at least 5 cm.  |
|  |   | Refer to hint and tip section.  |
| Half moon shaped pieces produced instead of spirals. | Diameter of food processed too small.   | Ensure diameter larger than end of pusher.                              |
|  | Food rotating in feed tube.   | Ensure food is held steady and cannot rotate.                           |
| Food browning quickly.                               | Some food such as apples, pears and potato will brown quickly after processing. | Use straight after processing or store in water.                        |
|  |   | Add lemon juice to fruit to prevent browning.                           |

**recipes** (the **2** Spaghetti and **9** Tagliatelle blade can also be used in recipes where the **4** Linguine blade is recommended.)

## Courgette Salad

Serves: 2 as a main/ 4 as a side

Time: 5 minutes

| Ingredients:                           |                     |
|--|---------------------|
| Courgette                              | 2                   |
| Yellow pepper (remove stalk and seeds) | 1                   |
| Red onion (peeled)                     | 1/2 (Medium – 150g) |
| Celery                                 | 1 stick             |

### Method:

- 1 Spiralize the courgette using the **Flat Blade**.
- 2 Slice the pepper, onion and the celery into 3mm thick slices.
- 3 Mix all the ingredients together in a bowl.
- 4 Cover with your dressing of choice.

## Thai In-spiralized Salad

Serves: 2 as a main/ 4 as a side

Time: 10 minutes

| Ingredients:                   |            |
|--------------------------------|------------|
| Mooli (Daikon) radish (peeled) | 1/2 (30cm) |
| Cucumber                       | 2          |
| Mango (peeled and de-stoned)   | 1/2        |
| Spring onion                   | 4          |
| To Finish:                     |            |
| Sesame seeds                   | 4 tsp      |
| Dried shrimp (optional)        | 4 tbsp     |
| Fresh coriander (chopped)      | 4 tbsp     |

### Method:

- 1 Spiralize the cucumber and mooli radish using the **Linguine Blade**.
- 2 Cut the Mango into small cubes and chop the spring onions.
- 3 Mix all the ingredients together in a large bowl.
- 4 Cover with your dressing of choice and sprinkle over the sesame seeds, dried shrimp and fresh coriander.

## Beetroot and Celeriac Linguine with Prawn

Serves: 2 as a main/ 4 as a side

Time: 20 minutes

| Ingredients:           |              |
|------------------------|--------------|
| Raw beetroot           | 2            |
| Celeriac               | 1/2 (400g)   |
| Fennel                 | 1/2 bulb     |
| For the marinade:      |              |
| Lemon                  | 1/2 juice of |
| Extra virgin olive oil | 5 tbsp       |
| Fennel seeds           | 1/2 tsp      |
| Seasoning              | To taste     |
| To finish:             |              |
| Tiger prawns           | 20           |
| Spinach                | 200g         |

### Method:

- 1 Peel and trim off the top and bottom of the beetroot and celeriac.
- 2 Spiralize the beetroot and celeriac using the **Linguine Blade**.
- 3 Place the spiralized beetroot and celeriac into a large bowl.
- 4 Remove the core and finely chop the fennel and add to the bowl.
- 5 Add the lemon juice.
- 6 Fry the vegetables, fennel seeds and seasoning in olive oil over a medium heat.
- 7 Cook for 5 minutes and then add the prawns and cook until they have turned pink.
- 8 Add the spinach and mix thoroughly. Serve.

# recipes

## Greek Spiral Salad



Serves: 2 as a main/ 4 as a side

Time: 10 minutes

| Ingredients:               |          |
|----------------------------|----------|
| Cucumber                   | 2        |
| Green bell pepper (deseed) | 1        |
| Red onion (peeled)         | 1/2      |
| Cherry tomatoes            | 8        |
| Black pitted olives        | 50g      |
| Feta cheese                | 50g      |
| For the dressing:          |          |
| Rapeseed oil               | 4 tbsp   |
| White wine vinegar         | 3 tbsp   |
| Oregano                    | 1 tbsp   |
| Capers                     | 1 tbsp   |
| Seasoning                  | To taste |

### Method:

- 1 Spiralize the cucumber using the **Flat Blade** and place in a bowl.
- 2 Slice the pepper and onion into 3mm thick slices.
- 3 Halve the tomatoes and cut the feta cheese into 1cm cubes.
- 4 Place the ingredients into a bowl.

### For the dressing

- 1 Whisk the oil and vinegar lightly together with a fork.
- 2 Finely chop the herbs and add the herbs, capers and seasoning to the oil.
- 3 Add the dressing to the bowl and leave to marinate at room temperature for 30 minutes before serving.

## Mooli Noodle and Shiitake



Serves: 4

Time: 20 minutes

| Ingredients:                   |             |
|--------------------------------|-------------|
| Mooli (Daikon) radish (peeled) | 1/2 (500g)  |
| Olive oil                      | 4 tbsp      |
| Tofu                           | 250g        |
| Hoisin sauce                   | 1 tbsp      |
| Pak Choi                       | 1 – 2 heads |
| Shiitake mushrooms             | 150g        |
| Garlic (peeled)                | 2 cloves    |
| Ginger (peeled)                | 2 cm piece  |
| Miso paste                     | 1 tbsp      |
| Soy sauce                      | 2 tbsp      |
| Vegetable stock                | 1 litre     |
| To Finish                      |             |
| Spring onion                   | 4           |
| Hard boiled eggs               | 2           |

### Method:

- 1 Spiralize the mooli radish using the **Linguine Blade** and place in a large bowl.
- 2 Cut the tofu into 2cm cubes and fry in olive oil over a medium heat.
- 3 Once the tofu has browned add the hoisin sauce and cook until fully coated. Reserve.
- 4 Coarsely chop the Pak Choi and finely chop the garlic and ginger.
- 5 Finely slice the mushrooms.
- 6 Fry the garlic and ginger in olive oil over a medium heat for a couple of minutes.
- 7 Add the stock and bring to a simmer.
- 8 Add the mushrooms, soy and miso paste and cook for 10 minutes.
- 9 Add the spiralized mooli radish and cook for another 3-5 minutes.

# recipes

## Carrot and Apricot

### Flapjack

Serves: 8

Total Time: 45 minutes

| Ingredients:   |         |
|----------------|---------|
| Carrot         | 2 large |
| Butter         | 175g    |
| Honey          | 200ml   |
| Dried Apricots | 125g    |
| Walnuts        | 30g     |
| Porridge Oats  | 350g    |

#### Method:

- 1 Preheat the oven to 180°C. Line and grease a square baking tray (25x25cm) (10x10in).
- 2 Spiralize the carrots using the **Linguine Blade**.
- 3 Melt the butter with the honey in a microwave or pan.
- 4 Chop the apricots and walnuts and add them to the carrots with the oats.
- 5 Mix all together until fully combined.
- 6 Spoon the mix into the tray and spread out until even.
- 7 Bake in the oven for 15-20 minutes.
- 8 Once lightly golden around the edges, remove the tray from the oven. Cut the flapjack into 8 rectangles whilst hot and then leave to cool fully.