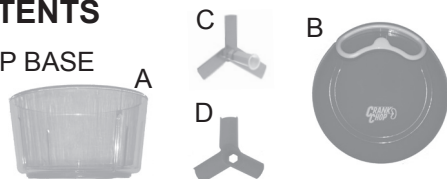


CRANK CHOP INSTRUCTIONS

CONTENTS

- A: CONTAINER BOWL WITH NON-SLIP BASE
- B: TOP LID AND CRANK HANDLE
- C: CUTTING ROTARY BASE
- D: PROTECTIVE BLADE COVER



Open top lid (B) and place food inside the container bowl (A). Cut the food small enough to make sure there is room between the food and the rotary blades (C). Large items like onions, carrots or potatoes should be cut into quarters before they are placed into bowl and for best results make sure the bowl is not more than half full with food.

Close the lid, place one hand securely on the top of the lid, holding the appliance down as you pull the crank.

The more times you pull the crank, the finer the chopping result. When finished, carefully remove the blades and place them in the protective cover (D).

CLEANING

All the parts are dishwasher-safe except the top lid (B) that you rinse with water and wipe with a sponge or damp cloth. Do not submerge the top lid in water. If mechanism gets soaked in water, disassemble and let dry before reassembling.

The bowl and rotary blades are dishwasher safe on top shelf or just rinse and clean under faucet. Always hold the blades by the white base and immediately place it in the protective cover (D) when clean.

SAFETY INFORMATION

- The 3 blades on the rotary base are very sharp. To avoid injury, please be very careful, when using and cleaning the blades.
- Never hold cutting rotor by the blades.
- Always hold the cutting rotary blades by the white base when removing blades, placing blades in the bowl, if cleaning blades under a faucet and when placing in the dishwasher - on top shelf with base facing up.
- Do not leave the cutting rotor in the sink with other dishes as this can result in injury.
- Always store the cutting rotary blades in the protective cover and place in the bowl and close lid.
- Only operate the pull mechanism when you are firmly holding down the lid with your other hand.
- The Crank Chop should never be used by children or by people with a disability.
- Storing the Crank Chop should be kept out of reach of children.
- Do not operate the Crank Chop if the bowl is empty.
- Do not place your hand in the bowl or touch the rotary blades.
- Do not operate the Crank Chop if it is damaged.

RECIPES

Smoked Garlic Guacamole

Ingredients

- 1 avocado
- 3 cloves of garlic
- ¼ tsp. salt
- 1 lime
- ½ of a tomato
- ½ of an onion
- 1 chipotle pepper with adobe sauce
- 4 strands of Cilantro

Steps

1. Prepare peeled and cored avocado, garlic, tomato, chipotle pepper with adobe sauce and cilantro in the crank chop bowl.
2. Squeeze the lime into the bowl add salt and pepper, close the lid and crank about 10-15 times or till desired consistency and enjoy.

The Everything Omelet

Ingredients

- 3 eggs
- ¼ cup of milk
- ¼ sliced green pepper
- 1 small carrot
- 1 green onion
- 3 white mushrooms
- 1 hot-dog
- 1 slice of cheese

Steps

1. Prepare and place green pepper, carrot, onion, mushrooms and hot dog in the Crank Chop.
2. Add some pepper and salt, close the lid, and crank 3 times.
3. Pour the contents into a skillet and cook on low heat for about 10 minutes
4. Whisk milk with eggs in a small bowl. Pour into pan or skillet and cook under medium heat for about four minutes or until omelet is cooked.
5. Pour the chopped carrot, onion, mushrooms and hot dog into the omelet. Cover the filling by folding the omelet, and add the cheese slice on top, wait till it melts and serve.

Philippine Cole Slaw

Ingredients

- ¼ piece of red cabbage
- 1 small carrot
- ¼ small red onion
- 2 tbsp. mayonnaise
- 1 tsp. of white vinegar
- 1 tbsp. lemon juice
- 2 tbsp. sugar
- Pinch of salt and pepper to taste
- 2 tbsp. of whole or low-fat milk

Steps

1. Place red cabbage and carrot into the Crank Chop. Make sure to cut to make fit. Add onion, mayonnaise, vinegar, lemon juice, sugar milk.
2. Crank about 5 to 8 times or until desired consistency and serve.

Grilled Pineapple Salsa

Ingredients

- ½ cup of pineapple chunks
- 1 ½ whole tomatoes
- ¼ piece of small whole onion
- 3 garlic cloves
- ½ jalapeño
- Salt and pepper to taste
- ½ cup of cilantro
- 1 tbsp. of lime juice
- ¼ piece of red bell pepper
- 1 bag of tortilla chips

Steps

1. Prep and place tomatoes, pineapple chunks, onion, garlic, jalapeño, cilantro, lime juice, red bell pepper in the Crank Chop bowl.
2. Close the lid and crank about 15-20 times or till desired consistency.
3. Add salt and pepper to taste, and serve in a bowl with tortilla chips.

White Chocolate Coconut Shaved Ice Drink

Ingredients

- 1 cup of ice
- ¼ cup of coconut juice
- 4 tbsp. white chocolate
- 2 tbsp. of milk

Steps

1. Place ice into the Crank Chop and crank 20 times or until ice is shaved.
2. Add coconut juice, white chocolate, and milk. Crank about 10 times more and serve.
3. Optional, add Sherry for an adult drink.

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