Gourmia

MODEL # GS325

CURLY Q SPIRALIZER
Welcome to Naturally Fresh & Fun Spiralized Foods!

With the purchase of the Curly Q Spiralizer, you are ready to enjoy the easy and naturally delicious world of spiraling! We all enjoy pasta in many shapes, but the carbs are heavy and the nutritional value can be low. With one press of a button, you can now easily prepare nutritious vegetable substitutes for pasta! Make Noodles, Thick Noodles and Ribbons for just about use you can imagine: salads, appetizer plates, side dishes, sweet fruit desserts, and much, much more!

From baked sweet potato spirals, sprinkled with sea salt and thin cucumber spirals to toss with smoked salmon, to toothsome veggie spirals that stand in for spaghetti noodles, and crisp jicama spirals to adorn your salad, everything you love about spiraling is now made even easier with the one-touch button of the Curly Q Spiralizer. With 3 different Q Cut Cones included, you can quickly prepare a variety of spiraled vegetables and fruit, easily adding nutritious fun to your menu. Toss out those clumsy handheld spiralizers – the Curly Q Spiralizer is your new best friend in the kitchen!

The following pages of this manual offer full and complete instructions for all the functions and features of your Curly Q Spiralizer. Inside these pages, you’ll find recipes, information and instructions for assembly, operating, cleaning and maintenance of your Curly Q Spiralizer. Please read all safety instructions and complete directions carefully for safe usage at all times.

Thank you for your purchase! We hope you will enjoy all the innovative products brought to you by our family at Gourmia.
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SAFETY INFORMATION

IMPORTANT SAFEGUARDS

When operating this electric appliance, basic safety instructions should always be followed. Refer to the following for these instructions.

1. READ ALL SAFETY & USAGE INSTRUCTIONS BEFORE USING the Curly Q Spiralizer.

2. EXERCISE EXTREME CAUTION: AVOID ELECTRICAL SHOCK. DO NOT immerse cord, plug or the Curly Q Spiralizer Base in water or other liquid.

3. Use EXTREME CAUTION when handling the sharp blades of the Q Cut Cones. THE CUTTING BLADES ARE VERY SHARP. Hold the Cone by the upper lip when inserting or moving and refrain from placing fingers on or near sharp Cutting Blades.

4. Do not operate the Curly Q Spiralizer close to walls or other obstructions. Do not place anything on top of the Curly Q Spiralizer.

5. During operation, use ONLY the Food Pusher to move food through the Wide-Mouth Auto Feeder to the Q Cut Cone.

6. DO NOT use any other utensil, accessory or fingers to push food to the Q Cut Cone. Damage or injury could occur. Do not place any objects, including cutlery or plastic utensils in the Wide-Mouth Auto Feeder while operating.

7. UNPLUG the Curly Q Spiralizer from the outlet when not in use or before cleaning. Do not let cord hang over edge of table or counter or touch hot surfaces.

8. Children should never use the Curly Q Spiralizer; close supervision is required when appliance is used near children.

9. Never operate the Curly Q Spiralizer with a damaged cord or plug or one that has malfunctioned or been damaged in any way. Immediately contact Customer Service for analysis. Do not use extension cords.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

Electrical Polarized Plug: This Curly Q Spiralizer has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, the plug is intended to be used by inserting it into the electrical outlet only one way. If the plug does not fit securely into the outlet, turn the plug and re-insert. Do not modify this plug. If the plug does not fit the outlet securely, call a qualified electrician for assistance. DO NOT use this plug with extension cords of any kind.
FEATURES & FUNCTIONS

A. Curly Q Spiralizer Base: The Curly Q Spiralizer Base houses the spiralizer motor and holds the EasyGrip Work Bowl, Wide Mouth Auto Feeder and Food Pusher. When inserted, it also holds the Cone Holder, and a Q Cut Cone for fast operation.

The Curly Q Spiralizer Base also houses the One-Touch Button for easy Off/On operation.

B. EasyGrip Work Bowl: The 4-cup plastic Work Bowl holds a generous amount of spiralized foods. Toss the Work Bowl in the dishwasher for easy clean-up when done.

C. Wide Mouth Auto Feeder: The Auto Feeder easily turns and locks into place over the Q Cut Cone for complete safety and control. The clear plastic allows you to observe the action as the Curly Q Spiralizer works for you.

D. Food Pusher: The Food Pusher assists the food in moving down and into the Q Cut Cone for optimal operation. Note the custom Plastic X Blade on the bottom of the Food Pusher, which is used to secure and center foods as they move toward the blades in the Q Cut Cone.

E. Q Cut Cones: Your unique Curly Q Spiralizer comes with three Q Cut Cones. Three sizes – Noodles, Thick Noodles and Ribbons – give you perfect control over the size of spirals you create. These Cutting Blades are manufactured for precision cutting. Use extreme caution when handling them.

F. Cone Holder: The threaded Cone Holder aligns with the gears inside the Base and holds the Q Cut Cones in place.
BEFORE FIRST USE

1. Using a soft, damp cloth, clean the Curly Q Spiralizer Base, EasyGrip Work Bowl, Wide-Mouth Auto Feeder and Food Pusher. Do not immerse the Base, cord or plug in water. Dry thoroughly.

2. Holding each Q Cut Cone by the upper lip, rinse each in clean water and dry with a soft cloth. Use EXTREME CAUTION when touching the blade and the Cone.

3. Place the Curly Q Spiralizer Base on a flat counter surface.

4. Insert the empty EasyGrip Work Bowl into the Curly Q Spiralizer Base.

ASSEMBLY

1. With the power unplugged, insert the threaded Cone Holder into the Curly Q Spiralizer. (fig 1) When correct, it will align with the inner gears and sits securely in place. (fig 2, 3).

2. Lift the Cone by holding the upper lip. (fig 4). Insert the Cone, small end first, into the top of the Base. When installed, the Cone will be level with the housing. (fig 5)

3. Ensure that the gears of the Cone are aligned and engaged with the drive gear of the Curly Q Spiralizer Base. (fig 6)

4. Place the Wide-Mouth Auto Feeder on top of the Curly Q Spiralizer Base and Q Cut Cone. Rotate slightly until it engages with the grooves in the upper lip of the Base. Turn clockwise until it locks into place. (fig 7 and 8)

5. Select a vegetable, such as a carrot, and peel. Cut or trim the vegetable to create a straight edge on the top and bottom of the vegetable. Cut squarely across the small root end. Note the X Blade on the bottom of the Food Pusher. (fig 9)

6. Place the Food Pusher upright on a clean surface and press one end of the vegetable down firmly and evenly into the X Blade end of the Food Pusher. When done, you will have connected the Food Pusher squarely onto the end of the vegetable. (fig 10)

7. Place the Food Pusher and the vegetable together into the Auto Feeder (fig 11). Make sure the Food Pusher and food are securely in the Q Cut Cone BEFORE turning the Control ON. When ready, turn the Control On and hold the Food Pusher as the vegetable moves down the Feeder and spirals all into the Work Bowl. (fig 12) When done, turn the Control OFF.
Congratulations on your purchase of this fun and innovative Curly Q Spiralizer. Before you begin to create spirals, check out the following hints and tips to get the best spirals ever!

Please note your Curly Q Spiralizer is a NOT food processor even though it has a variety of blade choices. Foods should be left whole, or cut only to fit the top of the Cone. Chopped foods or food cut in chunks will not spiralize.

• Ensure the Base Off/On Control is turned OFF, then plug the Base into the outlet.

• Select vegetables or fruit to be spiralized.

• Food should be left whole when spiralizing. Do not cut into chunks and do not chop foods. The Curly Q Spiralizer is unique and does not operate like a food processor, therefore it is important that food moves through the Q Cut Cone as a single large piece.

• Trim ends or sides thinly as needed to ensure that the food fits into the top of the Q Cut Cone.

• Food must fit into the top of the Q Cut Cone in order to move down through the Cutting Blade.

• The Plastic X Blade on the end of the Food Pusher is important for operating the Curly Q Spiralizer. Secure your food onto the X Blade of the Food Pusher correctly, following the directions on p. 11 carefully.

• Note: Always secure the food to the Food Pusher and align the food in the Q Cut Cone BEFORE turning the Control ON. If the Curly Q Spiralizer is turned OFF while using, repeat the process of securing the food to the Food Pusher and placing it in the Q Cut Cone before again turning the Control ON.

• When done, turn the Off/On Button to OFF. Remove the plug from the outlet and remove the Work Bowl. Empty the bowl and enjoy!

• Using one finger, press UP underneath the Cone until the Cone is free of the Base. Do not press up on the blade, as it is extremely sharp.

• Remove the Cone and set aside for cleaning.
FOOD PREP HINTS & TIPS

Firm vegetables and fruit should be used in the Curly Q Spiralizer for best results. When looking for ideas, consider any of these:

Zucchini squash – peeled or unpeeled, whole
Summer squash – peeled
Jicama – peeled, cut to fit
Cucumbers – peeled or unpeeled, whole
Sweet potatoes – trimmed to fit, peeled
Pumpkin – peeled, trimmed to fit
Beets – peeled, trimmed to fit, whole
Turnips – peeled, trimmed to fit, whole
Onions – peeled, trimmed to fit, whole
Broccoli – stems only, whole
Celery root – peeled, trimmed to fit
Apples – peeled, whole
Pears (firm only) – peeled or unpeeled, whole

• Foods such as beets or other highly-colored foods may stain other foods as they combine in salads or stir fries; to minimize staining, spiralize these foods separately or after all others.

• Broccoli crowns are the favorites of most diners, but the crowns will not spiralize. The stems, however, are perfect for the Curly Q Spiralizer. Cut off any protruding parts and secure the end of the stem with the Plastic X Blade, as directed on p. 11. Make Noodles or Thick Noodles for an immediate nutritional boost to any salad or side dish.

• To prepare foods for spiralizing, wash, peel and dry them thoroughly. Ensure that the food you’ve selected will fit in the upper part of the Q Cut Cone. If not, make a thin slice on one side of the vegetable or piece of fruit until the food fits.
Zucchini Spirals with Sun-Dried Tomato & Spinach Pesto

This festive entrée is deliciously substantial. For variety and a nutritional boost, add warm white beans.

3 medium zucchini, ends trimmed
1 c. fresh spinach, packed
¼ c. fresh basil leaves, packed
¼ c. pine nuts
1 T. oil-packed sun-dried tomatoes, drained
1 T. olive oil
1 T. sweet white miso
½ t. garlic salt
1 T. water, if needed
¼ c. Parmesan cheese, freshly grated

Place the Noodle or Thick Noodle Q Cut Cone in the Curly Q Spiralizer as directed. Place the Auto Feeder on top as directed.

Prepare the zucchini on the Food Pusher as directed on p. 11.

Turn the Control to ON and use the Food Pusher to move the zucchini through the Auto Feeder to the Q Cut Cone. Repeat with the remaining zucchini and empty the Work Bowl onto a microwave-safe serving platter.

To prepare the pesto, place the remaining ingredients in a food processor and blend until chunky-smooth. Add water if needed for consistency. Set aside.

Warm the zucchini spirals in the microwave oven for 1 minute. Spoon the pesto sauce over the spirals and garnish with the Parmesan cheese before serving. Serve while warm.

Serves 4.
**Curly Fries with Spicy Siracha Sauce**

These easy fries will please the crowd! Expect to make several batches by popular demand.

- 4-5 medium russet potatoes, peeled and scrubbed
- 2 T. olive oil
- 1 t. kosher salt (or to taste)
- ½ c. sour cream
- 1-2 T. siracha sauce (or any hot sauce)
- ¼ c. mayonnaise
- 1 t. lemon juice
- Pinch salt and pepper (or to taste)

1. Place the Noodle or Thick Noodle Q Cut Cone into the Curly Q Spiralizer as directed. Assemble the Auto Feeder on top as directed.
2. Preheat the oven to 400°F. Trim the whole potatoes, if needed, to fit into the Curly Q Spiralizer. Place a potato onto the X Blade of the Food Pusher as directed on p. 11. Turn the Control to ON and use the Food Pusher to move the potato through the “Auto Feeder to the Q Cut Cone. Repeat with the remaining potatoes and empty the Work Bowl onto a large platter. Resume spiraling until all potatoes are curled.
3. Fill a frying pan with oil to a depth of 2 inches. Heat to 350°F. While heating the oil, mix together in a small bowl or cup, the sugar and cinnamon. Set aside. Place several layers of paper towels on a clean work space.
4. When the oil is ready, use a large slotted spoon to scoop apple curls into the pan. Do not over-crowd the pan; work in batches, as needed. Fry the apples until crisp and golden; remove with the slotted spoon and drain on paper towels.
5. When all apple curls are fried, dust each with the sugar cinnamon mixture and toss lightly. Serve right away.

Serves 3 to 4.

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**Crispy Cinnamon Apple Curls**

Snacking on these sweet apple curls is reminiscent of eating a slice of apple pie. Warm, sweet and sugary, these curls are sure to please everyone!

- 2 crisp, tart apples, cored
- ½ c. sugar
- ¼ t. ground cinnamon
- Vegetable oil to fill frying pan 2-inches in depth

1. Place the Noodle Q Cut Cone in the Curly Q Spiralizer as directed. Place the Auto Feeder on top as directed. Prepare the apple on the X Blade of the Food Pusher as directed on p. 11.
2. Turn the Control to ON and use the Food Pusher to move the apple through the “Auto Feeder to the Q Cut Cone. Repeat with the remaining apple halves. If the Work Bowl fills, turn the Control to OFF and empty the Work Bowl onto a large platter. Resume spiraling until all apples are curled.
3. Fill a frying pan with oil to a depth of 2 inches. Heat to 350°F. While heating the oil, mix together in a small bowl or cup, the sugar and cinnamon. Set aside. Place several layers of paper towels on a clean work space.
4. When the oil is ready, use a large slotted spoon to scoop apple curls into the pan. Do not over-crowd the pan; work in batches, as needed. Fry the apples until crisp and golden; remove with the slotted spoon and drain on paper towels.
5. When all apple curls are fried, dust each with the sugar cinnamon mixture and toss lightly. Serve right away.

Serves 3 to 4.
**Golden Beet Salad with Dill Vinaigrette**

A beautifully delicious salad filled with the earthy flavor of beets enhanced by gentle dill and fennel accents.

2 golden beets, peeled  
¼ c. apple cider vinegar  
2 T. olive oil  
1 t. yellow mustard  
1 t. dried crushed dillweed  
¼ t. crushed garlic  
¼ t. kosher salt  
ground fennel seed (to taste)  
fresh ground black pepper (to taste)

Place the Noodle or Thick Noodle Q Cut Cone in the Curly Q Spiralizer as directed. Place the Auto Feeder on top as directed.

Thinly trim the sides of the beets, if needed, to fit into the top of the Q Cut Cone. Secure a beet onto the X Blade of the Food Pusher as directed on p. 11.

Turn the Control to ON and use the Food Pusher to move the beet through the Auto Feeder to the Q Cut Cone. Repeat with the remaining beet and empty the Work Bowl into a medium salad bowl.

To prepare the vinaigrette, whisk together the remaining ingredients. Pour over the beets and chill for 1 hour before serving. Toss before serving and add vinaigrette to taste, if desired.

Serves 4.
MAINTENANCE & SERVICE

1. Clean the Curly Q Spiralizer after every use. Do not use harsh chemicals or scouring pads on any parts of the Base, Q Cut Cones, Food Pusher or Auto Feeder.

2. Wipe the interior and exterior of the Base with a slightly damp sponge or cloth. Dry thoroughly.

3. Wash the Q Cut Cones by hand, carefully handling each, as the Cutting Blades are extremely sharp. Dry thoroughly with a soft cloth.

4. Wash the Food Pusher, Auto Feeder and Work Bowl in the dishwasher or by hand.
This Limited Warranty is for one full year from the date of purchase. It is applicable to the original purchaser only and is not transferable to a third party user. Repair or replacement of defective parts is solely at the seller’s discretion. In the event that repair isn’t possible, the seller will replace the product/part. If product repair/replacement won’t suffice, the seller has the option of refunding the cash value of the product or component returned.

Product defects not covered under the Warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications or repair by unauthorized parties. The manufacturing company is not liable for any incidental or consequential damages incurred by such circumstances.

For Customer Service or Questions, Please call: 888-552-0033

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