Jumbo Twin Gear

GREEN STAR®

ELITE

GSE-5000 & 5300

Juice Extractor

# OPERATION MANUAL



**SAVE THIS MANUAL**
KEEP IT HANDY FOR
QUICK REFERENCE
AND PROPER CARE

TRIBEST®
making healthy living easy

# Welcome

Congratulations! You are now the proud owner of a Green Star® Elite Juice Extractor - the next generation of the revolutionary Green Star Juice Extractor. With Green Star Elite, you can juice a wider variety of fruits and vegetables - from carrots and apples, to wheatgrass and pine needles, all without having to stop and change any parts! You can also use your Green Star Elite Juice Extractor to make other delicious foods such as baby foods, breadsticks, nut butters, pâtés, frozen fruit sorbets, and much more!

The Green Star Elite Juice Extractor is the next generation of the revolutionary Green Star line of Juice Extractors that unleashes the very best nutrition that nature has to offer. Green Star Elite utilizes advanced Jumbo Twin Gears. The unique shape of Green Star Elite's Jumbo Twin Gears extracts more juice and provides greater performance than other Twin Gear juicers. The new twin gears are coupled with other design improvements that make Green Star Elite easier to set up, easier to use, and easier to clean than ever before.

The Jumbo Twin Gears are an advanced impeller press system that rotates at a low 110 rpm and generates minimal heat while juicing. The Jumbo Twin Gears also have the same magnetic and bioceramic technology that produces fresher juice that can be stored longer, with minimal loss of the precious enzyme and vitamin content in the juice.

Be sure to carefully unpack your Green Star Elite and check that all of the parts are there. Also take the time to become familiar with your new juicer before you start juicing. It is a good idea to disassemble and reassemble your machine a few times to become familiar with how all of the parts fit together properly. Many parts have been included as standard parts to make your juicing experience easier and to enhance the versatility of the food preparation capabilities.

We recommend that you wash all of the parts with warm water and a mild detergent before you first use your Green Star Elite Juice Extractor. Now you are ready to begin juicing with your Green Star Elite Juicer. We hope you enjoy your Green Star experience, as it helps you embark on your journey to better nutrition and better health.

Please take the time to read through the entire operation manual for proper use and care instructions. Following the instructions in this manual will ensure that your Green Star Elite Juice Extractor serves you faithfully for many years.

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# Important Safety Precautions

When using electrical appliances, basic safety precautions should always be followed including the following:

**1.** Read all instructions carefully before operating.
**2.** To protect against risk of electric shock, do not put the motor base in water or any other liquid.
**3.** Only use an approved power cord included with your machine or supplied by the manufacturer.
**4.** Only plug the machine into an electrical outlet that has a compatible electricity rating as your machine. Failure to do so will damage the motor and void the warranty.
**5.** Close supervision is necessary when any appliance is used near children.
**6.** Unplug the appliance from the electrical outlet when not in use, before assembling or disassembling and before cleaning.
**7.** Always make sure that all juicing parts are properly fastened before the motor is turned on.
**8.** While the machine is in operation:
- do not touch its moving parts.
- do not attempt to disassemble it.

**9.** NEVER put your fingers or other foreign objects such as spoons, knives or any other kitchen utensils into the feeding chute or any juicer openings while it is in operation. If food becomes lodged in the feeding chute, use one of the enclosed plungers to push it down. If this does not work, turn the motor off, unplug the machine and disassemble the juicer to remove the remaining food.
**10.** Be sure to turn the switch to the "OFF" position after each use. Make sure the motor stops completely and unplug the machine before disassembling.
**11.** Do not disassemble any parts other than those necessary for normal operation or cleaning of your juice extractor (such as housing, twin gears, screen). Opening the motor base will void your warranty.
**12.** Do not operate your Green Star Elite and have it serviced by a certified technician for examination and possible repair to prevent electrical shock or injury if:
- it has a damaged cord or plug
- it malfunctions
- it is dropped or is damaged in any manner

**13.** Using attachments or accessories not recommended by the manufacturer may cause fire, electrical shock or injury.
**14.** Your Green Star Elite must be electrically grounded for proper and safe operation. Use only the power cord and plug provided and plug into a properly grounded electrical outlet. Do not attempt to force the plug into your wall socket as this may cause fire, electrical shock, or injury.
**15.** Do not use the power cord as a handle and never yank or pull on the cord to remove the plug from the electrical outlet.
**16.** Do not let the cord hang over the edge of a table or counter or come in contact with any hot surfaces such as the stove.
**17.** For indoor household use only.
**18.** Please refer to "When You Need Service" in case your juicer is functioning abnormally.
**19.** Do not use the appliance for other than its intended use.

***SAVE THESE INSTRUCTIONS***

# Important Safety Precautions

## Do



- **Very important!** When combining the Twin Gears for assembly, make sure to align the locating dots marked on the surface of the gears.
- Soak grains in water for 6 hours or more. Drain the grain and put into the machine a little at a time, together with a small amount of water.
- **10 minutes of rest after 30 minutes of operation!** When operating your Green Star Elite Juice Extractor continuously, stop operation for 10 minutes after each 30 minutes of continuous use, and then resume operation.



- Always put the Safety Hood over the feeding chute before using. The machine will not operate without the safety hood in place.

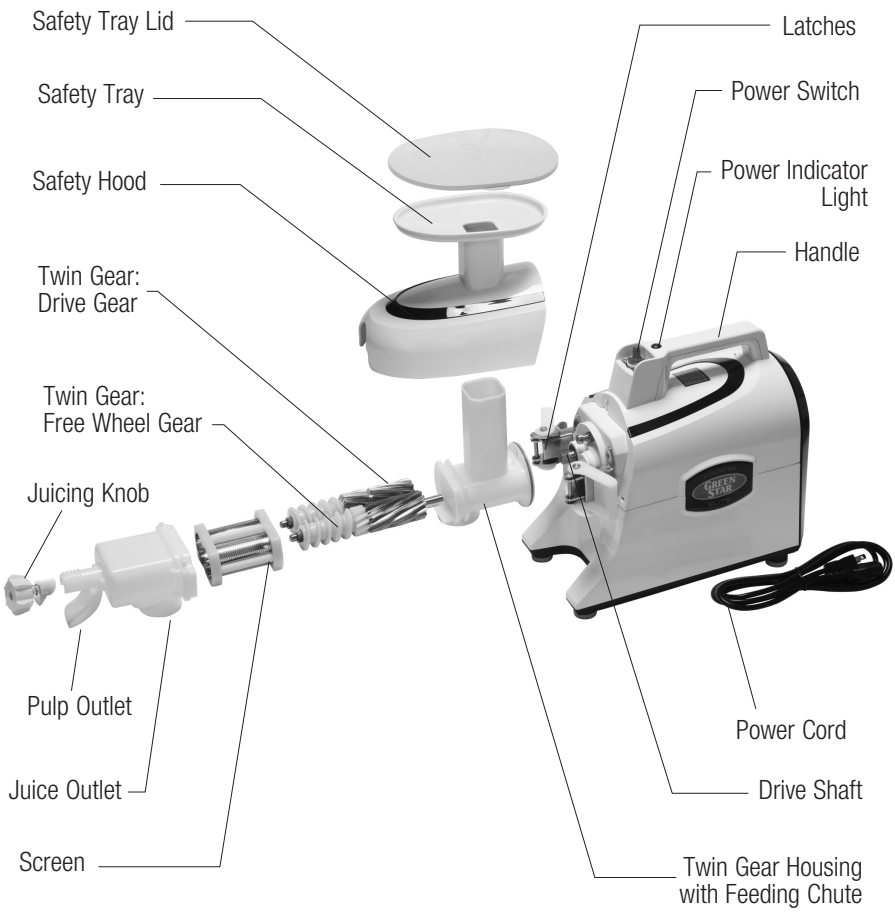
## Don't

- Do not lift your Green Star Elite Juice Extractor with wet hands because it is heavy and it may accidentally slip from your grip.
- Do not assemble or disassemble while the power cord is plugged in.
- Do not put fingers or hands into the Feeding Chute. Always use the Plunger.
- Do not disconnect the power plug from the electrical outlet with wet hands.
- Do not keep the juice extractor where children can reach it.
- Do not operate Green Star Juice Extractor on an unstable surface.
- Do not put any articles such as knives, spoons, or forks into the Feeding Chute.
- Do not forcibly operate the juice extractor or overload the Feeding Chute.

WARNING: NEVER REMOVE THE SAFETY HOOD WHILE THE MACHINE IS IN OPERATION.

# Green Star Elite Juice Extractor Parts

**Juicer Diagram**



## Standard Parts

Make sure to unpack your Green Star Elite and make sure that all parts are there. If any parts are missing, please call your nearest authorized service center immediately. It's a good idea to disassemble and assemble the machine a few times to familiarize yourself with the machine before juicing.




1. Juicing Knob
2. Breadstick Knob
3. Soft Fruit Knob (optional part)
4. Fine Screen
5. Coarse Screen
6. Homogenizing Screen (Open Screen)
7. Breadstick Screen (Closed Screen)
8. JUMBO Twin Gear Set
   - 8a. Drive Gear
   - 8b. Free Wheel Gear
9. Twin Gear Housing
10. Safety Tray Lid
11. Outlet Casing
12. Drip Tray
13. Juice Pitcher
14. Plastic Plunger
15. Wooden Plunger
16. Strainer
17. Flat Cleaning Brush
18. Cleaning Brush
19. Power Cord
20. Pasta Maker Set (standard part for model GSE-5300 only)
    - 20a. Pasta Screen
    - 20b. Pasta Screw
    - 20c. Pasta guide
21. Safety Hood
22. Main Body

*Contents may vary. Please see the box label for details.

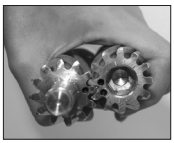
# Setting Up Your Green Star Elite

## A. Assembly

**IMPORTANT:** Make sure your Green Star Elite is unplugged from the electrical outlet before assembly.



**1**. Slide the **Twin Gear Housing** onto the main body and push it all the way back onto the main body until it fits snugly in place.

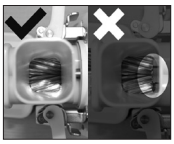


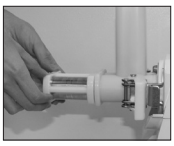
**2**. **VERY IMPORTANT!** Assemble the **Twin Gears** as follows:

- Find the **Locating Dots** marked on the end surface of each gear.
- Position the Locating Dots so that the single dot on the **Free Wheel Gear** is in between the two dots on the **Drive Gear**.
- Holding the gears in this position, slide them into the **Twin Gear Housing**, steel end first, so that the Free Wheel Gear enters the right slot, and the Drive Gear enters the left slot. Push back until they come to a stop.



- Rotate the gears while pushing them in until they slide in completely and lock into place. Look down the feeding chute to see that the gears are seated properly. When seated properly, you will NOT be able to see any portion of the drive shaft. If you see any portion of the drive shaft, keep rotating the gears while pushing them in, to lock them into place.





**3**. Slide the desired **Screen** over the exposed portion of the Twin Gears. See page 10 for more information on which screen to select.



**4**. Slide the **Outlet Casing** over the screen.



**5**. Close each **Latch** over the ears of the Outlet Casing and snap the latches shut by pushing back on the metal tabs.

**Failure to properly seat the Twin Gears will prevent the latches from shutting properly. If this is the case, remove the Outlet Casing and screen; rotate the gears while pushing them in until they slide in completely and lock into position; and reassemble. Damage to the machine due to improper assembly is not covered under your warranty.**



**6**. Slide the **Juicing Knob** or the **Breadstick Knob** (see page 10 for details) into the pulp outlet and turn clockwise to tighten. Tighten until it comes to a comfortable stop. Do not over tighten by forcing it to turn.



**7**. Slide the **Safety Hood** over the feeding chute.



**8**. Attach the **Power Cord** to the rear of the machine and plug the other end into an electrical outlet.

## B. Disassembly

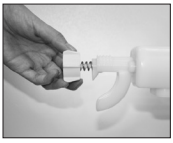
IMPORTANT: Make sure your juicer is switched off before disassembly



**1**. Unplug the Power Cord from your electrical outlet, and then remove the power cord from the rear of the machine.



**2**. Remove the Safety Hood by lifting up the Safety Tray.



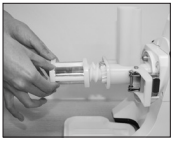
**3**. Turn the Juicing Knob or Breadstick Knob counterclockwise to loosen it. Remove it by sliding it out.



**4**. Unlock both Latches by pulling on the metal tabs. Open the latches away from the Outlet Casing.



**5**. Remove the Outlet Casing by sliding it away from the main body. Note that the Screen and/or the Twin Gears may come out with the Outlet Casing.



**6**. Remove the Screen.



**7**. Carefully slide the Twin Gears out of the Twin Gear Housing.



**8**. Remove the Twin Gear Housing by holding the feeding chute and sliding it away from the main body.

Note: The Twin Gears on your juicer never need sharpening. They are not blades. They work by 'biting' off small bits of produce at a time, much like your teeth. They do not grate or slice your produce, allowing them to work at remarkably low speeds and preserving fragile nutrients and enzymes.

# Setting Up Your Green Star Elite

## C. Using the Screens

A few screens are provided to increase the versatility of your Green Star Elite.



**1. Fine Screen:** The fine screen is used to make vegetable and fruit juices with as little pulp as possible in the juice. This screen is suitable for most types of vegetable and fruit juices, including carrots and other root vegetables; crisp apples and other crisp fruits; spinach, kale and other leafy greens, wheatgrass and other grasses, celery and other fibrous stalks, and much more. Note that the pressure built up inside of the screen may still push some finely ground pulp through the holes of the screen.



**2. Coarse Screen:** The coarse screen is used to make vegetable and fruit juices with some pulp mixed into the juice. This screen is suitable for juices where a little pulp is desired inside the juice.



**3. Homogenizing Screen** (**Open Screen**)**:** The homogenizing screen is used for basic food processing. When using the Homogenizing Screen, Green Star Elite processes your ingredients and releases them through the juice outlet underneath. Use the Homogenizing Screen when grinding nuts and seeds to make pâtés, baby foods, etc. When using the Homogenizing Screen, slide it over the Twin Gears so that the rectangular hole faces downward.



**4. Breadstick Screen**(**Closed Screen**)**:** The Breadstick Screen is used for food processing where an extra smooth consistency is required. When using the Breadstick Screen, Green Star Elite processes your ingredients and pushes them through the pulp outlet, adding increased processing time. Use the Breadstick Screen with the Breadstick Knob (see below) to make breadsticks, mochi, sorbets, nut butters, and other recipes where a smoother consistency is desired.

## D. Using the Knobs



**1. Juicing Knob:**

**a.** With the **Fine Screen** or the **Coarse Screen**: Use the juicing knob when juicing vegetables and fruits. The juicing knob adjusts how much the pulp is squeezed before it is pushed out through the pulp outlet. Tightening the knob increases the amount of pressure that is applied to the vegetables and fruits while extracting juice. Tightening the knob will get more juice from firmer vegetables like carrots, crisp apples, celery, etc. However, a tightened knob may also prevent the juicer from successfully ejecting the pulp of softer produce such as wheatgrass, or leafy greens.

- TIGHTEN THE KNOB: to extract maximum juice from firmer vegetables and fruits.
- LOOSEN THE KNOB: to extract juice from softer vegetables and fruits.

**b.** With the **Homogenizing Screen:** Tighten the juicing knob all the way when using the homogenizing screen to make sure the processed ingredients do not get pushed out through the pulp outlet.



**2. Soft Fruit Knob** (optional accessory)**:**
Use the Soft Fruit Knob the same way you would use the Juicing Knob when juicing softer produce. The soft fruit knob has a softer spring, allowing pulp to be ejected more easily while juicing softer produce.



**3. Breadstick Knob:**
With the **Breadstick Screen**: Use the breadstick knob with the breadstick screen to make breadsticks, mochi, sorbets, or other foods where a smoother consistency is desired. The breadstick knob shapes your ingredients into a tube as they are pushed through the pulp outlet.

## E. Using the Plungers



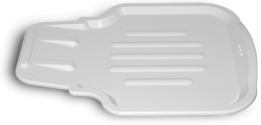
**1. Plastic Plunger:** The plastic plunger is specially designed to push your vegetables through without the plunger touching the Twin Gears. Press firmly on the plunger to push the food down through the feeding chute. The plastic plunger will stop before it comes in contact with the twin gears.



**2. Wooden Plunger:** The wooden plunger is made of wood and can be used to push your ingredients all the way down to the Twin Gears. The wooden plunger can touch the Twin Gears without damaging them.

## F. Using the Drip Tray

Simply slide the narrow end of the drip tray between the two feet of the Green Star Elite and place the juice pitcher on top of the drip tray to prevent messy drips from staining your counter.



# Using Your Green Star Elite

## A. Making Juices

1. Assemble your Green Star Elite with the **Fine Screen** or **Coarse Screen** and the **Juicing Knob**.
2. Place the **Drip Tray** on the counter underneath the juice outlet and put the **Juice Pitcher** on top of the drip tray.
3. Position a large bowl or plastic bag under the **Pulp Outlet** to catch the ejected pulp.
4. Prepare your vegetables and fruits for juicing and juice them according to the following instructions:

• **Note:** it is normal for a few drops of juice to come out of the pulp outlet when first starting juicing. As you continue juicing, only pulp will come out of the pulp outlet.

| Type of Produce | Examples | Preparation |
|---|---|---|
| Hard Roots | Carrots, Beets | **Preparation:** Wash all produce and cut into long, thin pieces that can be easily pushed through the feeding chute. Large carrots should be split in half lengthwise.<br>**Juicing Knob:** Tighten the juicing knob completely.<br>**Juicing Procedure:** Feed the 'wedge' end of the root through the feeding chute first, and press down on the blunt end of the root with the plastic or wooden plunger. Only insert one piece at a time.<br><br>**Remember:** The Twin Gears are not blades - you will need to firmly push carrots into the slowly rotating gears. Cut thicker carrots into lengthwise halves for easier juicing. The Plastic Plunger does not reach all the way to the gears - try using the Wooden Plunger to push that last bit of carrot for complete juicing. |
| Grasses | Wheatgrass, Barley Grass | **Preparation:** Cut the grasses to the desired length and rinse them.<br>**Juicing Knob:** To begin, tighten the knob completely. Loosen or remove the knob after the first drops of juice come out of the juice outlet.<br>**Juicing Procedure:** Insert small handfuls of grass, blade tips first into the feeding chute. Press down with the wooden or plastic plunger if necessary.<br><br>**Remember:** Wheatgrass contains a chemical that naturally foams when it is juiced. Do not be alarmed if foam comes out from the juice outlet. To minimize foam: Always juice fresh wheatgrass; refrigerate the gears and wheatgrass for about 2 hours or overnight before juicing; and spray some cold water on the wheatgrass as you are juicing. If you do not mind wheat grass juice mixed with carrot juice, you will get maximum yield on the wheat grass juice with minimum foam by alternating wheat grass and carrots while juicing.<br>*Note:* Certain batches of wheatgrass may cause more foam than others! If you notice that your wheatgrass is generating excess foam, try finding a new source for your wheatgrass. |

| | | |
|---|---|---|
| Fibrous Stalks | Celery | **Preparation:** Separate into individual stalks and cut if necessary.<br>**Juicing Knob:** Tighten the knob completely.<br>**Juicing Procedure:** Feed the stalks into the feeding chute, one stalk at a time, with the leafy side up. Press down with the wooden or plastic plunger. |
| Leafy Greens | Spinach, Kale, Dandelion Greens | **Preparation:** Wash all produce and separate leaves.<br>**Juicing Knob:** Start with the juicing knob tightened completely. If the produce starts to back up through the feeding chute, loosen the knob.<br>**Juicing Procedure:** Roll the leaves into a cylindrical shape and feed the leaves, one by one, through the feeding chute, leaf first. Press down with the plastic or wooden plunger. |
| Apples | Fuji Apples, Granny Smith | Always use crisper varieties of apples like Fuji Apples and avoid softer varieties like Red Delicious or Gala Apples. A good test: if you bite into an apple and it has a powdery consistency, it is too soft to juice.<br>**Preparation:** Wash all produce and cut into small enough pieces to easily push through the feeding chute. It is not necessary to peel apples if they have been washed. You may core the apple if desired.<br>**Juicing Knob:** The knob should be tightened anywhere between halfway and fully. If the processed apples start to back up through the feeding chute, loosen the juicing knob.<br>**Juicing Procedure:** Drop one slice of apple through the feeding chute at a time and press down with the plastic or wooden plunger. |
| Firm Fruits | Apples, Pears, Persimmons | **Preparation:** Wash all fruits and peel them if necessary. Cut the fruits into small enough pieces to be easily pushed through the feeding chute.<br>**Juicing Knob:** Tighten the knob 3/4. Loosen or tighten as necessary.<br>**Juicing Procedure:** Drop one piece of fruit at a time into the feeding chute and press down with the plastic or wooden plunger. |
| Softer Fruits | Grapes, Tomatoes | **Preparation:** Wash all fruits and peel them if necessary. Cut the fruits into small enough pieces to be easily pushed through the feeding chute.<br>**Juicing Knob:** Tighten the knob one-quarter to one-half way. Loosen or tighten as necessary.<br>**Juicing Procedure:** Drop one piece of fruit or a small handful into the feeding chute at a time, being sure not to overload the feeding chute. Press down with the plastic or wooden plunger. |
| Citrus Fruits | Oranges, Grapefruit | **Preparation:** Wash and remove the rinds and as much pith from the fruits. Separate the fruit into wedges.<br>**Juicing Knob:** Tighten the knob halfway. Loosen or tighten as necessary.<br>**Juicing Procedure:** Drop one slice into the feeding chute at a time and press down with the plastic or wooden plunger. |

| | | |
|---|---|---|
| Juice Cocktails | | If you are making juice cocktails of various different vegetable and fruit combinations, prepare the produce per the instructions on the previous page. Feed the produce into the feeding chute, alternating between hard and softer produce. For example, when making a Carrot/wheatgrass combination, juice a piece of carrot, then a handful of wheatgrass, then another piece of carrot, etc. |
| Other Fruits and Vegetables | | Your Green Star Elite is capable of juicing a wide variety of vegetables and fruits. When trying new types of produce, experiment with the screens and with different positions for the juicing knob. If you ever notice that the produce backs up into the feeding chute, loosen the juicing knob and let the machine run for a few seconds. If the machine doesn't clear, loosen the juicing knob even more or remove it. Always feed the vegetables and fruits into the machine slowly, one piece at a time for best results.<br><br>**Note:** Green Star Elite will not be able to juice very soft fruits like strawberries or bananas because there is not enough body behind the pulp to get pushed past the screen. These types of fruits are better blended or can be used to make frozen fruit sorbets. |

## B. Homogenizing: Making Pâtés and Basic Food Processing

Follow these instructions when you are making delicious pâtés or mock meats, or if you are grinding soaked nuts, beans, or when making other recipes where basic food processing is required. The food will be processed by the Twin Gears and will be ejected through the juice outlet underneath.

1. Assemble your Green Star Elite with the **Homogenizing Screen** (rectangular hole facing downward) and the **Juicing Knob**.
2. Place the **juice pitcher** or other container to catch the processed food underneath the **juice outlet**.
3. Position a large bowl or plastic bag under the pulp outlet to catch any food that might come out of the **pulp outlet**.
4. Prepare your ingredients and feed them into the feeding chute one small handful at a time. Press down with the desired plunger.

## C. Making Raw Breadsticks, Mochi, Frozen Fruit Sorbets, etc.

Follow these instructions when you are making delicious raw breadsticks made from soaked nuts and grains, mochi from sticky rice, sorbets from frozen fruits, or other recipes where a smoother consistency is required. These instructions utilize the full food processing power of Green Star Elite. The processed food will be ejected in a cylindrical shape through the pulp outlet on the front of the machine.

1. Assemble your Green Star Elite with the **Breadstick Screen** and the **Breadstick Knob**.
2. Position a large bowl under the **pulp outlet** to catch the processed food.
3. Prepare your ingredients and feed them into the feeding chute one small handful at a time. Press down with the desired plunger.
   - **a.** When making raw breadsticks, use a knife to cut the breadsticks to the desired length as it is coming out of the pulp outlet. Dehydrate breadsticks for a delightful crunch.
   - **b.** When making nut butters, if a smoother consistency is required, try adding some of the nut's oils, available at health food stores.

## D. Making Pasta (GSE-5300 Model)

How to assemble the pasta maker set onto your machine.

Instructions:

1. Attach the **Twin Gear Housing** to the juicer body.
2. Remove the **juice Twin Gears** from the machine and insert the **Pasta Screw** onto the motor drive shaft (left side as you are looking at the front of the body.)
3. Put the **Pasta Guide** over the **Pasta Screw**, making sure the long side of the **Pasta Guide** faces the left side.
4. Select the desired pasta setting from the two shapes provided on the **Pasta Screen** and fit it onto the **Pasta Guide**.
5. Close each latch over the ears of the **Pasta Screen** and snap the latches shut by pushing back on the metal tabs.
6. The machine is now ready to make pasta.

*Note: Be sure the dough is not too moist.*



**Pasta Screen**



**Pasta Guide**



**Pasta Screw**

# Cleaning and Maintenance

**Cleaning Your Green Star Elite**
Keeping your juicer clean is extremely important for both your health and the peak performance of the machine. We recommend cleaning the juicer immediately after each use, before food particles have a chance to dry. Since Green Star Elite extracts minerals, such as calcium, from the produce so well, we recommend cleaning all of the juicing parts immediately after use to prevent troublesome mineral build-up.

**Cleaning Green Star Elite**
1. Switch off your Green Star Elite and unplug it from the electrical outlet. Detach the power cord from the rear of the machine.
2. Disassemble the machine according to the instructions on page 9 and immerse the juicing components in warm water.
3. Using the included cleaning brushes, rinse and scrub the juicing components under warm running water and a mild detergent.
4. Use the cleaning brush to remove any remaining bits of pulp that remain on the Twin Gears or on the housings.
5. If using the Fine Screen, brush away from the corners and remove any pulp buildup.
6. Rinse all soapy water from the components; dry them thoroughly before they are reassembled.
   - NEVER allow water to enter the main body of the machine.
   - NEVER use harsh chemicals, such as bleach, to remove food stains from the juicer.
   - NEVER drop any of the components, particularly the Twin Gears. Our warranty does not cover accidental damage.
   - NEVER put any parts into the dishwasher.

**HELPFUL HINTS FOR EASY CLEANING:**
**Cleaning the Screen:** Hold the screen under running water while brushing the pulp residue from inside the screen first, and then the outside of the screen. For pulp that is imbedded firmly in the holes of the screen, try soaking the screen for a couple of hours in water after brushing away as much pulp as possible and then brush the screen again. You may also try using the DULL side of a table knife to rub along the inner surface of the screen and then brushing from the outside with the Cleaning Brush.

**Cleaning the Main Body (Motor Unit):** Turn off and unplug the machine. To clean the motor unit of your juicer, position the front two legs over the edge of the sink. With either the sink top sprayer, a spray bottle filled with water, or an empty detergent bottle filled with water and equipped with its squirt-top, spray water directly onto the front plate of the juicer where the drive shaft, mounting peg and free wheel gear seats to remove pulp residue. Wipe any other exterior surfaces with a damp cloth. DO NOT SUBMERGE THE MOTOR UNIT INTO WATER AT ANY TIME.

**Multiple Juicing Sessions:** If you want to juice throughout the day in multiple sessions without disassembling the machine, completely remove the Juicing Knob, place a large bowl under both the Juice Outlet and the Pulp Discharge Outlet, and pour about 16 ounces of water through the feeding chute while the machine is running, before and after each juicing session. Make sure to thoroughly clean the juicer after the last juicing session of the day.

# Cleaning and Maintenance

**Stains:** Colored stains on parts are signs of a well-used juicer and may be difficult to remove. Many people leave the colored stains as a 'badge of honor.' But if you would like to try to remove the color stains, try using a 25%-50% white vinegar/water solution and soak the parts overnight and then scrub with the cleaning brush. This may be repeated if necessary. Juicing green honeydew or cantaloupe melons may also lighten stains.

**Calcium and Mineral Deposits on the Twin Gears:** After using the machine for some time, you may notice a calcium or mineral deposit on the surfaces of the Twin Gears. To remove these deposits from your Twin Gears try one of the following methods:

- After juicing carrots, feed one tablespoon of carrot pulp into the feeding chute with two teaspoons of granulated sugar. Alternate pulp and sugar several times and then run the machine. Disassemble and thoroughly clean all of the juicing parts.
- Mix a solution of 4 tablespoons of baking soda with 2 cups (16 oz) of lukewarm water. Soak the parts in the solution overnight to loosen the mineral deposits and to remove stains. Wash with soap and water and use a hard bristled brush to remove mineral deposits. Wipe with cloth to dry.
- Run soaked almonds through the machine to remove mineral deposits from the tips of the Twin Gears.
- Soak the affected parts in a pure vinegar bath overnight. This loosens the scaling and much of it can be brushed off. Repeat as necessary.

**Other Helpful Hints**

- Use the narrow, pointed end of the cleaning brush to push food out through the pulp outlet.
- Dried fruits and nuts can be very sticky on the inside surfaces of the juicer. To remove the residue more easily run a couple of stalks of celery through before disassembling the machine.

# Troubleshooting

**NOISES**: Even though the Green Star Elite Juice Extractor is very quiet, some noises are ormal during operation. If you are unsure whether the noises you are hearing are normal:

1. Squeaking: Your Green Star Elite may make a squeaking noise during operation. To check if this is normal, assemble the machine without the Twin Gears and screen and switch it on. If you hear squeaking, your drive shaft may need more lubrication. You may continue to use the machine even if you hear this squeaking noise. If you would like instructions on lubricating the drive shaft, please contact your nearest service center.
2. Fully assemble your juicer and turn it on without adding any produce. You will hear the Twin Gear sound. You may hear a repetitive thumping sound, which is normal. The Twin Gears may have minor variations and the thumping sound is considered normal. This minor variation will not affect the function and will not damage any parts.
3. While you are juicing you may hear a squeaking or chirping sound that is also considered to be normal.

**MOVEMENTS**: A great deal of pressure is built up in the juicing chamber while in operation. In order to alleviate some of this pressure, Green Star Elite is designed to wiggle and flex while juicing to prevent damage to other parts of the machine. This flexing is normal and will not cause damage to your machine.

| Symptom | Solution |
|---|---|
| Machine doesn't turn on | • Make sure your power source is active, the plug is correctly attached to the rear of the machine and in the electrical outlet and the machine is switched on.<br>• Make sure the electrical rating of the outlet is compatible with the motor as listed on the safety label of the machine. |
| Machine stops while running | • Make sure the machine is correctly assembled.<br>• If the machine is overloaded, use the reverse switch to dislodge some of the ingredients. |
| Noisy gears | • Make sure the Twin Gears are correctly aligned.<br>• Check to see if there is any hard material lodged in the gears. If so, turn off, unplug, and disassemble the machine. Rinse and try again.<br>• Inspect your Twin Gears for any damage. If you notice any damage to the Twin Gears, stop usage and call your nearest service center. |
| Outlet Casing does not fit properly, or latches do not close properly. | • Check to see if the Twin Gears are seated properly. Give them a twist while pushing in until they lock into place. |
| Pulp is not being ejected; Ingredients are coming back up the feeding chute | • Loosen the Juicing Knob |
| Pulp is too wet | • Tighten the Juicing Knob |
| Pulp comes out with juice | • Make sure the screen is in position<br>• Tighten the Juicing Knob |
| Low amount of juice | • Make sure the Juicing Knob is fastened snugly. |
| Material jammed | • Flip the switch to the reverse position once or twice.<br>• If it doesn't clear, disassemble the machine to clear any blockage. |

*WARNING: Never stick a knife, spoon, or other foreign object down the feeding chute while the machine is in operation!*

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# Juice and Drinks

**MACHINE SETUP FOR ALL JUICES AND DRINK RECIPES:**
1. Assemble your Green Star Elite for juicing with the Fine Screen and the Juicing Knob.
2. Put glass Juice Pitcher under the Juice Outlet.
3. Put container under the Pulp Outlet to catch pulp.

**Notice:** When juicing a combination of hard, fibrous vegetables such as carrots or beets, with leafy greens, such as herbs or grasses, be sure to push any remaining bits of the hard vegetables completely through the Feeding Chute before introducing any of the leafy greens.

## CITRUS BLEND

2 SMALL GRAPEFRUIT (peeled and cut into 4 to 6 pieces)
3 MEDIUM SIZE ORANGES (peeled and cut into 4 pieces)
1/2 SMALL LEMON (peeled and cut into 2 pieces)
1/2 SMALL LIME (peeled and cut into 2 pieces)
Note: for sweeter taste - use less lemon and lime

## APPLE LEMONADE

3 FIRM APPLES (FUJI, PIPPIN, OR GRANNY SMITH, cut into 6 pieces)
3 MEDIUM SIZE ORANGES (peeled and cut into 4 pieces)
1/2 LEMON (peel is optional for sweeter flavor)

## WHEATGRASS DELIGHT

4 HANDFULS WHEAT GRASS
4 CARROTS (cut in 2 to 4 pieces)
1 FIRM APPLE (cut into 6 pieces)
1 THIN SLICE GINGER

# Juice and Drinks

## AMBROSIA NECTAR

2 BUNCHES GRAPES
3 APPLES (FUJI, GRANNY SMITH, OR PIPPIN - cut into 6 pieces)
1 KIWI (peeled and cut into 2 pieces)
1 SLICE HONEYDEW (cut into cubes)
1 SLICE PINEAPPLE (cut into cubes)
1 WHOLE LEMON (peeled and cut into 4 pieces)
1/2 CUP CRANBERRIES

**1.** Alternate juicing grapes, kiwi pieces, melon cubes, pineapple cubes, apple pieces and cranberries
**2.** Juice lemon separately and add to taste

**Note:** Quantities of ingredients may be varied with good results.
Do not be afraid to experiment according to your own taste.

## WATERMELON QUENCH

Watermelon with seeds - If organically grown, add rind also

## MELLOW MELON PUNCH

1/4 CANTALOUPE (cut into cubes)
1/4 HONEY DEW (cut into cubes)
2 SLICES WATERMELON (cut into cubes)
Juice all together and enjoy

## SNAPPY APPLE

7 APPLES (FUJI, GRANNY SMITH, YELLOW DELICIOUS - cut into 4 to 6 pieces)
1/2 JALAPEÑO PEPPER
1/4 LIME
1 KIWI (peeled and cut into 2 pieces)

1. Juice Kiwi and Lime first
2. Next juice Jalapeño
3. Finish by juicing the Apples

## DR. WALKER'S CHOICE (#61)

10 oz. CARROTS (cut into 4 pieces)
6 oz. FRESH SPINACH

1. Juice Spinach
2. Juice Carrots

# Juice and Drinks

## GREEN TANG

2 PINEAPPLE WEDGES (cut into smaller pieces)
1 SPRIG MINT
3 HANDFULS WHEATGRASS
1/4 LEMON
1 SLICE GINGER FOR FLAVOR

1. Juice wheatgrass
2. Juice mint
3. Juice lemon
4. Juice pineapple cubes

**Note:** A Pineapple wedge is a 1" round slice of whole pineapple cut into quarters (4 pieces). If pineapple is not organically grown, remove the outer skin before juicing.

## ORIENTAL EXPRESS

3 LEAVES NAPA CABBAGE (cut lengthwise)
4 STALKS BOK CHOY WITH LEAVES (cut lengthwise)
2 STALKS ANISE (FENNEL) with GREEN STEM and LEAVES
6 MEDIUM CARROTS (cut into 4 pieces)
2 APPLES (YELLOW DELICIOUS, FUJI, OR GRANNY SMITH - cut into 4 to 6 pieces)

1. Juice Napa, Bok Choy and fennel first
2. Juice Apples second
3. Juice Carrots into the rest of the juice

# **Breadsticks and Mochi** (Rice Cake)

**MACHINE SETUP:**
1. Assemble your Green Star Elite with the Breadstick Screen and the Breadstick Knob.
2. Put a plate under the Breadstick Knob.

## RYE BREADSTICKS

2 CUPS RYE (soaked overnight)
1/2 CUP SUNFLOWER SEEDS (soaked overnight)
2 TBSP CARAWAY SEED
1/2 TSP SEA SALT

**1.** Mix all ingredients together in a bowl
**2.** Feed the ingredients into machine a little at a time
**3.** Collect bread sticks as they emerge from the Pulp Outlet formed into breadsticks by the Breadstick Knob
**4.** Before drying, these sticks can be shaped into pretzels, braided together, etc. for a variety of fun shapes
**5.** Dry in the dehydrator until crisp. Can be served with dips, soups, etc.

## MOCHI (JAPANESE RICE CAKES)

2 CUPS STEAMED RICE (medium-grain rice recommended)
1 TSP EXTRA VIRGIN OLIVE OIL

**1.** Prepare steamed rice
**2.** Add olive oil into the **Feeding Chute** while running the machine
**3.** Slowly feed steamed rice into **Feeding Chute**
**4.** The rice cake will come out of the **Breadstick Knob**

**Note:** Before processing, mix spices such as minced garlic or onion with the rice to flavor your rice cake. Slice the rice cake into diagonal slices. Dehydrate them and add to your soup.

# Paté and Croquettes

**MACHINE SETUP:**
1. Assemble your Green Star Elite using the **Homogenizing (Open) Screen** and the **Juicing Knob**
2. Place a bowl under the **Juice Outlet**

## CASHEW-CURRY CROQUETTES

2 CUPS CASHEWS
1 CUPS SPROUTED WHEAT (soak for 12 hours and let small tips emerge by sprouting)
3 TBSP CURRY PASTE (available from gourmet food stores)
1 TSP VEGE-SALT TO TASTE

1. Put the cashews and sprouted wheat berries into the Feeding Chute.
2. Add curry paste and vege-salt a little at a time while texturizing.
3. Collect the texturized mixtures from the Juice Outlet.
4. Mix together by hand or with a wooden spoon
5. Form into croquettes and garnish with tomatoes, radish and cucumber.

**HINT:** For a smoother consistency, use the **Breadstick (Closed) Screen** instead of the Homogenizing Screen, and remove the juicing knob. Collect the mixture from the pulp outlet.

## PECAN PLEASERS

2 CUPS PECANS
1 CUP SPROUTED WHEAT BERRIES (soak 24 hours)
1/4 CUP SPANISH ONION
1 TSP POULTRY SEASONING
1/2 TSP VEGE-SALT

1. Put pecans, wheat berries, and onion into the **Feeding Chute**
2. Collect mixture in a bowl
3. Add the poultry seasoning and vege-salt
4. Mix thoroughly by hand or with a wooden spoon
5. Shape into small wafers and serve on cucumber slices with tomato or avocado on top

**MACHINE SETUP:**

A. To Juice Carrots, Lemon, And Apple
1. Assemble your Green Star Elite with the Fine Screen and the Juicing Knob securely fastened.
2. Place the juice pitcher underneath the juice outlet, and a bowl under the pulp outlet.

B. To Grind Beets And Scallions
1. Assemble your Green Star Elite using the Homogenizing (Open) Screen and the Juicing Knob securely fastened.
2. Place a bowl underneath the juice outlet.

## BEET BORSCHT

JUICE - A 1 APPLE (cut into 4 to 6 pieces)
8 CARROTS (cut into 4 lengthwise pieces if the carrot is thick)
1/2 LEMON (cut into 2 pieces)

GRIND - B 2 BEETS
2 GREEN SCALLIONS
1 CUP FINELY SHREDDED CABBAGE
1 DOLLOP AVOCADO-YOGURT

1. Juice carrots, lemon, and apple. Keep juice in a glass or the **Juice Pitcher**
2. Remove the **Fine Screen** and replace with the **Homogenizing Screen** to grind beets and scallions into a separate bowl
3. Add ground beets and scallions to the carrot, lemon and apple juice and mix
4. Fold in the finely grated cabbage
5. In a blender- blend avocado and yogurt together

To serve: Place borscht in a bowl. Top with a dollop of avocado-yogurt.

# Desserts

**MACHINE SETUP:**

1. Assemble your Green Star Elite with the Homogenizing (Open) Screen and securely fasten the Juicing Knob.
2. Place a bowl under the Juice Outlet

## CASHEW POPPY

1 CUP SPROUTED WHEAT BERRIES (soak for 12 hours until small sprout tips emerge)
1/4 CUP POPPY SEEDS
1/4 CUP SOAKED SUNFLOWER SEEDS
1 CUP CASHEWS
1/2 TSP VANILLA
4 TBSP HONEY

1. Mix wheat berries (soaked), sunflower seeds (soaked), cashew and poppy seeds together then grind through the machine
2. Collect the ground mixture from the Juice Outlet into a bowl
3. Add vanilla and honey and mix
4. Roll into balls and place on a plate

## UNCOOKED BANANA-BLUEBERRY ICE CREAM PIE

1 CUP SOAKED ALMONDS
1/2 CUP SESAME SEEDS
1 CUP CASHEWS
1/2 CUP RAISINS
1/2 CUP PITTED DATES
1/2 CUP PECANS
1 TSP VANILLA
2 TBSP HONEY
7 FROZEN BANANAS (peeled)
1 1/2 CUPS FROZEN BLUE BERRIES
1 KIWI (sliced)
2 LARGE STRAWBERRIES (sliced)

1. Grind almonds, cashews, sesame, pecans, dates and raisins together.
2. Mix in the vanilla and honey; knead to form dough: then press into a 9” pie dish to form a crust. Let crust sit for 3 to 4 hours or place in a food dehydrator for about 3/4 hour.
3. Grind frozen bananas and frozen blueberries together to make ice cream.
4. Put ice cream into the crust, top with slices of strawberries and kiwi. Slice and serve.

# Product Information

**PRODUCT STANDARD**

| | |
|---|---|
| ITEM | VEGETABLE JUICER |
| MODEL | GREEN STAR® ELITE (GSE-5000) |
| ELECTRICITY RATING | USA Models: AC 120V/60 Hz, EUROPE/ASIA: AC220-240V/50-60Hz |
| ELECTRIC POWER | 200W |
| SIZE | 18.25” x 6.88” x 12.50” (464 mm x 175 mm x 318 mm) |
| WEIGHT | 26.6 lbs (12.07 kg) |

TRIBEST

**Tribest Corporation**
P.O. Box 4089, Cerritos, CA 90703
toll free: 888-254-7336 | fax:714-879-7140
www.tribest.com | service@tribest.com

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