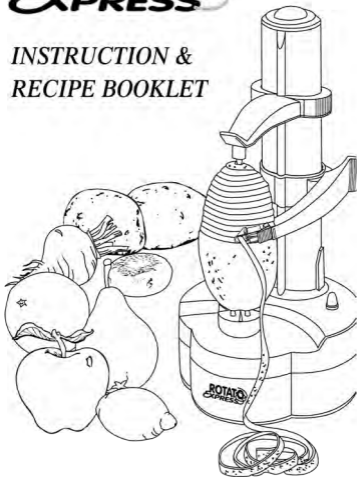


 **STARFRIT**

**ROTATO<sup>®</sup>**  
**EXPRESS**

*INSTRUCTION &  
RECIPE BOOKLET*



*Dear Valued Customer:*

*Let me be the first to welcome you to our family at Atlantic Promotions. We are proud of the products we manufacture and consider you our most valued asset.*

*For 25 years, I have searched for unique kitchen appliances and gadgets to make your culinary experience a joy. We use the finest materials in all our products to assure you many years of culinary ease. Imagine peeling almost anything you wish in just seconds at the push of one button.*

*In the pages to come, you will read my helpful hints and tips as well as recipes I hope you enjoy! Your Rotato Express will become one of the most used appliances in your kitchen. I have enjoyed my Rotato Express in my home and I know you will too! I'm excited to be the worldwide spokesman for the Rotato Express and confident you will be pleased to be part of our family! We thank you for your purchase and hope you will spread the good word on this product to all your friends and family!*

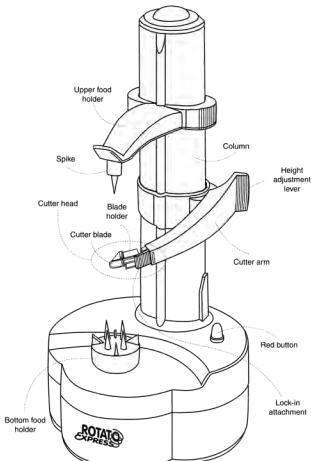
*Until next time, Happy Peeling!*

*Your Friend:*

*Chef Tony*



Peeling potatoes is quick and easy with Rotato Express. It peels just the skin without wasting any of the nutritious part of the vegetable. Rotato Express is simple and safe to operate. Its non-slip base holds it securely to the counter or other work surface. Rotato Express comes with a little plastic knife, stored conveniently under the base. It's specially designed for easy removal of potato eyes or other blemishes. It makes peeling all kinds of other fruits and vegetables easy and effortless. Rotato Express... the indispensable kitchen tool.



A small circular graphic element, part of the Rotato Express branding, located to the left of the section header.

## HELPFUL HINTS

When choosing foods to be peeled, choose fruits and vegetables that are firm, blemish free and symmetrically shaped. Fruits or vegetables more than 14 cm (5 1/2 inches) tall should be cut in half so the Rotato Express can grip them firmly.

A small circular graphic element, part of the Rotato Express branding, located to the left of the section header.

## FOODS TO PEEL

- |             |             |            |           |
|-------------|-------------|------------|-----------|
| • Potatoes  | • Avocados  | • Tomatoes | • Kiwis   |
| • Cucumbers | • Eggplants | • Apples   | • Lemons  |
| • Turnips   | • Squashes  | • Pears    | • Limes   |
| • Beets     | • Zucchini  | • Peaches  | • Oranges |

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## HOW TO PEEL FRUITS AND VEGETABLES

1. Center the food on the bottom food holder and press gently.
2. Lower the upper food holder so that it grasps the food and holds it securely.
3. Using the height adjustment lever, raise the cutter arm so that it rests on top of food to be peeled. **WARNING: Do not grab cutter blade... it is razor sharp!**
4. While pressing lightly on the upper food holder, press the red button. The skin peels off in one clean, continuous curl. The Rotato Express will stop automatically when the cutter arm reaches the bottom.

A small circular graphic element, part of the Rotato Express branding, located to the left of the section header.

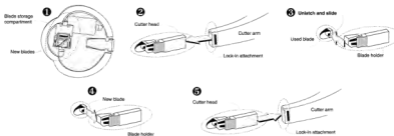
## HOW TO REMOVE PEELED FOOD

1. Lift upper food holder from food and raise it to the top of the support column.
2. Grasp food, and using a gentle back and forth rocking motion, remove food from bottom food holder pulling towards you. Do not yank your fruit or vegetable straight up from the bottom food holder. You don't want to accidentally swing your hand into the holder spike. **WARNING: Do not grab cutter blade... it is razor sharp.**
3. Trim off any deep potato eyes with the little plastic knife, conveniently stored underneath the unit. Use the same knife to remove blemishes on fruits and vegetables.

## HOW TO CHANGE THE BLADE

Rotato Express blades are specially designed to give clean and easy peeling or cutting. When the blade skips or jams, or is excessively clogged, it's time to change blades.

1. Turn the Rotato Express upside down and open the blade storage compartment located underneath the base and remove one of the new blades.
2. Remove the cutter head by gently pulling the lock-in attachment from the cutter arm.
3. Unlatch and slide the used blade away from the blade holder. **Dispose of the used blade using the same precautions taken with a sharp razor.**
4. Slide the new blade down the ridge of the blade holder. Make sure the blade is solidly in place before proceeding to the next step.
5. Put the cutter head back on the Rotato Express by inserting the lock-in attachment into the cutter arm.



## FOR EASY CLEANING

**WARNING: Do not immerse in water.** You can clean your Rotato Express with damp, sudsy cloth. It is recommended to remove the batteries and the entire cutter head and wash separately.

## ELECTRICAL ADAPTOR

As an alternative to batteries, an electrical adaptor can be plugged in the back of the unit. Always select a 6.0 Volt, 600 mA adaptor with the input / output polarity as follows: - — (+ — +). When not in use, unplug the adaptor.

### WARNING

*Disconnect the adaptor from the Rotato Express and remove the batteries (if installed) prior to changing accessories or touching the blade holder. Batteries must be removed from the Rotato Express before it is discarded. The batteries should be disposed of safely and in accordance with national regulations.*

**SOUPS • SALADS • APPETIZERS**
***Potato and Cheese Chowder***

*An easy to make soup for those days when you just can't think of what to eat.*

- |   |  |
|---|--|
| • 1 1/2 cups (375 ml) peeled and diced raw potatoes | • 2 tbsp (30 ml) flour   |
| • 2 cubes chicken bouillon                          | • 2 cups (500 ml) of milk                                      |
| • 3 tbsp (45 ml) butter                             | • 1 1/2 cups (375 ml) finely grated sharp white cheddar cheese |
| • 1/4 cup (60 ml) peeled and finely chopped onion   | • Salt and pepper to taste                                     |
| • 1/4 cup (60 ml) finely chopped green pepper       | • Chopped parsley  |

Using your Rotato Express, peel potatoes. Cook potatoes in boiling water until tender. Drain, saving cooking water for later. Add bouillon cubes to hot liquid and stir until dissolved. Melt butter in saucepan. Add flour and stir continuously for 10-15 minutes until a paste forms.

Add onion and green pepper and sauté until the onion begins to soften, and then remove from heat. Add milk and potato water all at once, return to medium heat and salt and pepper to taste.

Continue cooking until boiling and smooth, stirring constantly. Turn fire to low and simmer 2 minutes. Add cheese and stir until melted. Stir in potatoes and heat thoroughly.

Sprinkle with chopped parsley and serve hot.

★ ***CHEF TONY'S HELPFUL HINTS*** ★

*For frying, I like using Canola oil as it has a high heat tolerance without breaking down. Peanut oil also gives excellent results.*

*Cheese must be firm and round. Keep refrigerated until use.*

*If the cheese is rectangular, trim to be as round as possible without excessive waste.*

*Try Mozzarella or Cheddar. Edam cheese is also great and adds flavour to tacos, pizzas, lasagna, onion soups, meat loafs, chef salads and potatoes or casserole au gratin.*

*To prevent jamming, spray or dip the Rotato Express blade in a light cooking oil.*

*I prefer a spray like Pam. Make sure the spray is not flavoured as it will take away from the flavour of the cheese. This will allow the specially designed "Gillette" blades to glide through the cheese like a hot knife through butter.*

## Vegetable Chowder

*A wonderful meal in a bowl that goes great with your favorite bread.*

- 1/4 cup (60 ml) butter
- 1 cup (250 ml) diced celery
- 1 cup (250 ml) diced carrot
- 1 cup (250 ml) peeled and diced potato
- 1/2 cup (125 ml) peeled and diced onion
- 1/2 cup (125 ml) peeled and diced turnip
- 1 cup (250 ml) frozen peas
- 1 cup (250 ml) thinly sliced green pepper
- 1/4 cup (60 ml) thinly sliced leek
- 4 cups (1 litre) of milk scalded
- 1 cup (250 ml) boiling water
- 2 tsp (10 ml) salt
- 1/2 tsp (3 ml) pepper
- 1 tsp (5 ml) sugar
- 1/4 cup (60 ml) chopped parsley
- 1/2 cup (125 ml) grated cheddar cheese

Using your Rotato Express, peel the potato and turnip. Dice potato, turnip and onion into 1/2 inch (12 mm) cubes and set aside. Put water in small saucepan and bring to boil.

In a large saucepan melt the butter, then add the celery, carrot, potato, turnip, onion, leek, water, salt, pepper, and sugar. Cover and simmer until the vegetables are tender-crisp, about 10 minutes.

Add peas and green pepper and simmer about 5 minutes more or until all the vegetables are tender. Add the hot milk. Sprinkle in parsley. Ladle into soup bowls and sprinkle each with grated cheese.

## Cucumber Salad

*Especially refreshing in the summer.*

- 2 medium size cucumbers
- 1/4 cup (60 ml) of sour cream
- 1/4 cup (60 ml) of finely chopped onions
- Parsley, salt and pepper to taste

Using the Rotato Express, remove the outer skin of the cucumbers and discard. Continue cutting the cucumber into strands or cut in 1/4 inch (6 mm) slices. Mix together the sour cream, onions, parsley, salt and pepper. Lightly toss with the cucumber and serve on a bed of lettuce.

## Beet Salad

*Great with a sandwich or with grilled meats.*

- 2 medium size beets
- 1/4 cup (60 ml) of light balsamic vinaigrette
- Salt and pepper to taste

Using the Rotato Express, remove the outer skin of the beets. Continue the peeling of the beets until there is essentially nothing left to peel. Transfer the beet strands into a serving plate and add the balsamic vinaigrette. Add salt and pepper to taste.

### ★ CHEF TONY'S HELPFUL HINTS ★

*For plain onion strands, just sprinkle a little salt to taste.*

*For a kick, sprinkle any hot spice you like.*

## ***Cheesy Potatoes***

*Great on the grill, or in the oven.*

- 4 slices Hickory smoked bacon
- 3 large baking potatoes
- 1 large onion peeled
- 1 cup (250 ml) cheddar cheese in 1/2 inch (6 mm) cubes
- 3/4 tsp (4 ml) salt

Fry bacon until crisp. Drain on paper towels until cool. Using your Rotato Express peel the potatoes. Slice potatoes about 1/4 inch (6 mm) thick and place them onto a large sheet of aluminum foil. Slice the onion the same way and place the slices on the foil.

Chop the bacon into bits and add them with cheese, salt, pepper and prepared seasoning. Dot with butter or margarine and drizzle the bacon fat over the entire area. Wrap the foil loosely and make a double fold around the edges to seal tightly. Place on a hot grill and cook for one hour or until tender. If using an oven, preheat to 400 °F (205 °C) for about the same time.

## ***Double Dipped Fried Onions***

*Serve them by themselves or with steak, ribs, burgers, you name it.*

**BATTER:**

- 1 very large onion
- 1 cup (250 ml) milk
- 4 eggs beaten
- 3 cups (750 ml) all purpose flour
- 3 tsp (45 ml) prepared Creole seasoning
- 3 cups (750 ml) of frying oil

**SAUCE:**

- 1/2 cup (125 ml) sour cream
- 2 tsp (30 ml) Ketchup
- 3 tsp (45 ml) prepared Creole seasoning
- 1-1/2 tsp (7 ml) horseradish

In a medium mixing bowl, combine sour cream, ketchup, Creole seasoning and horseradish.

Place in refrigerator until ready to serve.

Peel the outer layer of skin from the onion and discard. Using your Rotato Express peel the onion until there is essentially nothing left to peel.

Roughly chop the onion peel into long slices and set aside.

Pour the cooking oil into a deep pan and heat over a medium high heat.

In a shallow baking dish (a brownie pan or something similar), pour in the milk and the beaten eggs.

Add at least 3 tsp (45 ml) of the prepared Creole seasoning to the eggs and mix thoroughly. In another

seasoning to the flour and mix.

Place 1/4 of the onion slices into the milk/egg wash and soak thoroughly. Remove the slices from the

milk/egg wash and dredge through the flour, completely covering the slices with the flour.

Repeat the process.

Place the slices gently into the hot oil and fry until golden brown.

Remove from the oil with a slotted spoon and drain on paper towels.

Take sauce from fridge and serve.

## *Easy Western Chili*

*Goes great with corn bread or tortilla chips.*

- 1 pound (450 g) ground beef
- 1 large onion peeled and chopped
- (1) 14.5 ounce (430 ml) can of stewed tomatoes
- (1) 15 ounce (445 ml) can tomato sauce
- (1) 15 ounce (445 ml) can of kidney beans
- 1 1/2 cups (375 ml) cold water
- 1/4 tsp (1 ml) chili powder
- 1/4 tsp (1 ml) garlic powder
- Salt and pepper to taste

Peel the large onion and dispose of the outer skin. Using the Rotato Express peel enough of the meat of the onion to fill a cup and half (375 ml) dry measure. Chop onion and set aside. In a large saucepan over medium heat, combine the beef and onion and sauté until meat is browned and onion is tender. Add the stewed tomatoes with juice, tomato sauce, beans and water. Season with the chili powder, garlic powder, salt and pepper to taste and bring to a boil. Reduce the heat to low and let simmer for 15 minutes. Serve hot with cornbread or corn tortilla chips.

## *Swiss Steak*

*A good, hearty "comfort food" beef dish.*

- 2 1/2 lbs (1.1 kg) round steak cut 1 inch (25 mm) thick
- 1 1/2 cups (375 ml) peeled and sliced onion
- 3/4 cup (175 ml) flour
- 1 1/2 tbsp (22 ml) dry mustard
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) ground black pepper
- 3 tbsp (45 ml) cooking oil
- 2 cloves of garlic finely chopped
- 2 large carrots diced
- 4 cups (1 litre) coarsely chopped peeled tomatoes
- 2 tbsp (30 ml) Worcestershire sauce
- 2 tsp (30 ml) brown sugar

Peel outer skin of onion and slice onion across the grain making 1/4 inch (6 mm) thick rings. Set aside. Peel skin from tomatoes using Rotato Express. Chop thoroughly, set aside.

Combine flour, mustard, salt and pepper. Pound as much of the mixture as possible into the steak with a meat hammer. Or if necessary, use the edge of a heavy plate. Cut the meat into serving sized pieces.

Heat the oil in a large heavy skillet or Dutch oven. Brown the meat well on both sides. Sprinkle onion, garlic and carrots over the meat. Add tomatoes, Worcestershire sauce and brown sugar. Cover and gently heat until the tomatoes begin to break up. Stir sauce to blend, turn meat over, cover tightly and simmer for about two hours or until meat is very tender. Stir often and add a little water if necessary to keep the sauce from sticking.

Serve with potatoes, rice or egg noodles.

### ★ CHEF TONY'S HELPFUL HINTS ★

*Score potatoes to make shoestrings or hash browns.  
Make sure you score them almost to the centre but without cutting them in half.*

## Orange Glazed Chicken

*This tastes great, looks great and is really easy to do.*

- (1) 4 lbs (1.8 kg) chicken
- 6 cups (1.5 litre) chicken broth
- 1 small carrot diced
- 2 stalks of celery diced
- 1/2 cup (125 ml) peeled and finely chopped onion
- 1 onion slice
- 1/4 cup (60 ml) butter plus
- 1/2 cup (125 ml) softened butter
- 1 lb (450 g) mushrooms sliced
- 1/4 cup (60 ml) chopped parsley
- 1/2 tsp (3 ml) dried marjoram
- 1/2 tsp (3 ml) dried thyme
- 12 oz. (375 g) long grain and wild rice mix
- Salt and pepper to taste

Pour stock into large saucepan. Add carrot, celery, onion slice, salt, pepper a pinch of the parsley, marjoram and thyme. Bring to a boil, turn down heat, cover and let simmer for 20 minutes. Strain stock, discarding vegetables.

Heat 1/4 cup (60 ml) butter in another large saucepan. Add mushrooms and cook quickly until lightly browned, stirring constantly. Lift mushrooms out with a slotted spoon and set aside. Add chopped onion to drippings left in pan and cook gently for 3 minutes, stirring constantly. Add 4 cups (1 litre) of the stock and bring to a boil. Add rice mix and chopped parsley. Cover and cook according to the directions on the rice mix package.

Remove pan from heat when rice is cooked and add mushrooms tossing together with a fork. Let cool. Heat oven to 325 °F (160 °C).

Sprinkle insides of chicken with salt and pepper. Truss the chicken with string and rub the outside completely with the softened butter. Set the chicken on a shallow roasting rack and cover with a tent of foil (do not wrap it in foil, merely cover loosely). Roast chicken for 18 minutes a pound or until done. Remove foil for last 30 minutes to brown chicken.

Make Orange Glaze while chicken is cooking. Brush with the glaze until chicken is done and continue roasting for 10 minutes more.

## Orange Glaze

- 1/4 cup (60 ml) peeled orange rind
- 1/2 cup (125 ml) orange juice
- 1 cup (250 ml) corn syrup
- 1/4 cup (60 ml) ground ginger

Peel enough rind from a medium sized orange using your Rotato Express to make 1/4 cup (60 ml) dry measure. Coarsely chop rind and combine with remaining ingredients. Brush on chicken as directed above.

### ★ CHEF TONY'S HELPFUL HINTS ★

*Score the fruit or vegetable vertically. As the Rotato Express rotates horizontally the strands will automatically be cut at the score lines.*

*The more scores you make the shorter the strands.*

## **Fruited Pork Chops**

*A tangy twist that's great with chops or chicken breast.*

- 6 pork chops
- 2 tbsp (30 ml) cooking oil
- 1 1/2 cup (375 ml) orange juice
- 1/2 cup (125 ml) water
- 6 slices canned pineapple
- 6 thin slices peeled orange
- 1 tsp (5 ml) chopped orange rind
- 1 tsp (5 ml) lemon rind
- 1 tsp (5 ml) salt
- 1/2 tsp (3 ml) pepper
- 1/2 tsp (3 ml) paprika
- 1 tsp (5 ml) sugar
- 1/4 tsp (1 ml) cinnamon
- 1/4 tsp (1 ml) cloves
- 1 tsp (5 ml) cornstarch
- 2 tbsp (30 ml) cold water

Using your Rotato Express, peel one orange and one lemon. Chop enough of the rind of each for the recipe. Slice the orange into thin slices and set aside. Squeeze the lemon over a shallow dish and set the juice aside.

Mix salt, 1/4 tsp (1 ml) of the pepper, sugar, cinnamon, and cloves in a small dish. Sprinkle a little of the mixture on each side of each pork chop and rub it in well.

Heat oil in a heavy skillet. Add chops and brown slowly. Add 1/2 orange juice, water and lemon juice. Cover tightly and simmer for about 40 minutes or until cooked through.

Lay a slice of pineapple and an orange slice on each chop. Cover again and simmer 10 minutes. Sprinkle lightly with pepper.

When done remove chops and raise the heat to high in order to bring the drippings in the pan to a boil. Add lemon rind and orange rind and sauté for 1 minute. Add orange juice to de-glaze the pan and bring to boil. Mix cornstarch and water and pour into pan. Remove from heat once the sauce thickens.

Arrange chops on platter and drizzle with sauce. Place remaining sauce in gravy boat and serve.

## **DESSERT**

### ***Really Great Apple Sauce***

*Delicious as a side dish, dessert or for breakfast.*

- 2 apples peeled, cored and shredded
- 1/4 cup (60 ml) water
- 1 tsp (5 ml) ground cinnamon
- 3 tbsp (45 ml) brown sugar

Using your Express Rotato, peel each apple discarding the peel.

Core and shred each apple and place in a medium saucepan over medium/low heat. Sprinkle with cinnamon, then add water and cook until the apple bits become soft and mushy.

Stir in brown sugar and mix well. If desired, top with ice cream and serve.

#### **★ CHEF TONY'S HELPFUL HINTS ★**

*Score the peel of citrus fruits: oranges, lemons and limes to make zest for baking or decoration.*

*When using dried fruits in a recipe, make sure you spray any starch fruit and vegetable with lemon juice to prevent discoloration from the starches oxidizing.*

## Key Lime Cheesecake

*A wonderful dessert that brings a hint of Florida to wherever you are.*

- 1 prepared graham cracker crust pie shell
- 1 1/2 (675 g) pounds of cream cheese, softened
- 1 cup (250 ml) granulated sugar
- 1 tbsp (15 ml) cornstarch
- 3 eggs
- 1 tbsp (15 ml) fresh zest
- 2/3 cup (165 ml) key lime juice

Using a cheese grater, grate a small section of the lime to produce the tbsp (15 ml) of zest.

Using your Rotato Express, remove the peel from lime. Set the peel and lime aside for later.

Preheat oven to 300 °F or 150 °C.

In a large bowl, beat with an electric mixer the cream cheese, sugar, lime zest and cornstarch until smooth and fluffy. Beat in eggs one at a time. Blending until just smooth. Add key lime juice with mixer on low. Finish mixing by hand. Do not over mix or the cake may crack during mixing.

Pour batter into the prepared crust.

Bake on center rack of oven for 50-60 minutes or until the mixture sets. To keep moist and minimize cracking, place a second baking dish half full of water on a lower rack.

When done, turn the oven off and allow the cake to stand in the cooling oven for 30 minutes.

Slice lime into 1/8 inch (3 mm) sections and decorate the top of the cheesecake. Slice the peel into 4-6 inch (15 cm) lengths and loosely entwine on the middle.

Refrigerate the cake at least overnight before serving.

## Apple Dessert

*Easy and sophisticated dessert.*

- 2 medium to large spiralled apples
- 1/2 tsp (3 ml) of lemon juice
- 1/4 cup (60 ml) of honey
- 1/2 ounce (14 ml) of rum (optional)

Using your Rotato Express, peel the apple. Keep the peel for a dash of colour. Bring the arm back to the top of the apple and continue peeling until there is essentially nothing left to peel. Transfer the apple strands into a bowl and lightly cover with lemon juice to prevent the apples from darkening. In a separate bowl, mix the honey and rum into a smooth mixture and pour over the apple strands before serving.

## Mango Dessert

*A refreshing and exotic dessert.*

- 2 medium to large spiralled mangos
- 1/2 tsp (3 ml) of lemon juice
- 1/4 cup (60 ml) of shredded coconut
- 1/4 cup (60 ml) of chopped pecans
- Pineapple yogurt

Using the Rotato Express, peel off the mango skin and discard. Continue the peeling of the mango until there is essentially nothing left to peel. Transfer the mango strands into a bowl and lightly cover with lemon juice to prevent the mangos from darkening. Lightly mix in the shredded coconut and chopped pecans. Transfer to a serving plate and top with a pineapple yogurt. Very yummy!

