gorenje

OIL PRESS OP650W

COLD-PRESSED OIL IN YOUR HOME

Vitaway
COLLECTION

vitaWAY

Healthy for me

Collection of home appliances that make your health a top priority by delivering top quality and positive effects on your well-being.

Health is a way of life!

We are looking for new ways to inner balance. We are devoted to nature and aware of the abundance it offers. We wish to consume more unprocessed food, breathe cleaner air, and drink cleaner water.

We are looking for ways that will get us there.

VitaWAY collection of small appliances is designed to support a healthy lifestyle.

Healthy for me and my dearest!

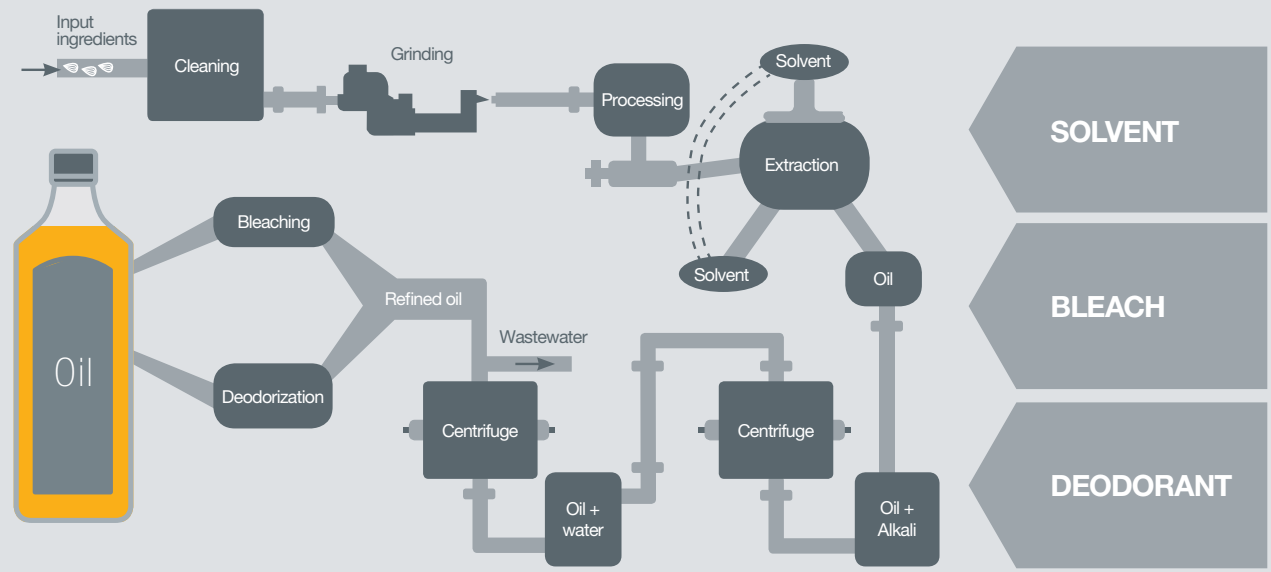
WHAT IS COLD PRESSING?

Years ago, cold pressing was associated with heavy granite millstones. Today, they have been replaced by stainless steel presses. Pressing always results in an increase of temperature which in turn affects the quality of the final product – the oil.

Cold pressing is a process of extracting oil from foodstuffs, in which temperature does not exceed 49 °C (120 °F). This way, the oil retains a genuine aroma and nutrients, as well as most of the vitamins and minerals. Cold pressing yields less oil and the process takes longer compared to industrial pressing where the food, mostly seeds and nuts, is heated in the press cylinders. Oil extracted in this way, however, differs substantially from the cold pressed oil that you can now make at home.

Industrial oil pressing process

There is a world of difference between cooking oils found in the stores and homemade cold pressed oils. Industrial oil pressing may include chemical additives that extend the useful life of the oil, make it clearer or change its colour. It also involves processes to change the oil's chemical composition and its fragrance.



Source: madehow.com

FIELDS OF USE FOR COLD-PRESSED OIL

FOOD PREPARATION

In cuisine, oil has been in use since the very days when the process of extracting this noble liquid from fruits, seeds, and nuts was invented.

It is used for:

- cooking
- frying
- steaming
- dressing for raw dishes
- salad dressings
- fruit and vegetable dishes
- cooking meat
- desserts
- warm and cold dishes

BODY CARE

Oil is very important in body care as well, as it includes nutrients that have a beneficial effect on how we look.

The oils are used for:

- body and face massage
- hair, nail, and eyelash care
- livening up the skin

MEDICINE

Medicinal effects of oil have been known for a long time. Most commonly, oil is related to cholesterol level, but it is also used for:

- regulating digestion
- treating skin inflammations
- regulating gastric acid and blood pressure

DO NOT MISS

The cake left after pressing is also highly nutritious and it contains a lot of ingredients beneficial to your health. Do not discard it! Add it to yoghurt or your breakfast cereal. It is also excellent in sponge cakes and for garnishing your desserts.

MAKE YOUR OWN COLD-PRESSED OIL RIGHT AT YOUR HOME

Enjoy all the benefits of homemade cold pressed oil. Check out which ingredients will yield oils that are rich in healthy, beautifying and nutritious substances.

Pumpkin seeds

Pumpkin seed oil contains triglycerides and phytosterols, and it is rich in proteins, minerals, unsaturated fatty acids, and vitamins A, E, C, and K.

Sesame

Sesame seed oil is rich in amino-acids, vitamins A, B, and E, calcium, magnesium, and phosphor.

Linseed

Linseed oil is as rich source of omega-3 fatty acids (content up to 60%) and omega-6 fatty acids, with an ideal ratio between the two (1:4).

Walnut kernels

Walnut oil is rich in omega-3 fatty acids, protein, carbohydrates, minerals and vitamins, particularly A, B, C, and E.

Peanuts

Peanut oil is a source of essential fatty acids, vitamins B and E, calcium, potassium, protein and fibre.

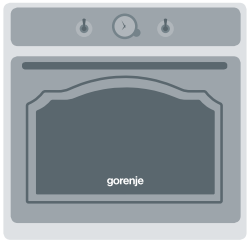
Sunflower seeds

Sunflower seed oil contains unsaturated fatty acids, vitamins A, E, and D, and potassium, magnesium, phosphor, and lecithin.

Almonds

Almond oil is a rich source of vitamins A, B, and E, minerals, and omega-3 and omega-6 fatty acids.

WHAT YOU SHOULD KNOW BEFORE YOU START PRESSING YOUR OIL



30 min

15 min

USE DRY INGREDIENTS

It is recommended to use ingredients with no more than 10% humidity since water prevents optimum results in the pressing process. One solution for moister ingredients is to toast them or dry them in the oven for 30 minutes.

LET THE OIL REST FOR A FEW MINUTES

Fresh cold pressed oil takes a while to clear. Foam on the surface immediately after pressing is a normal occurrence.

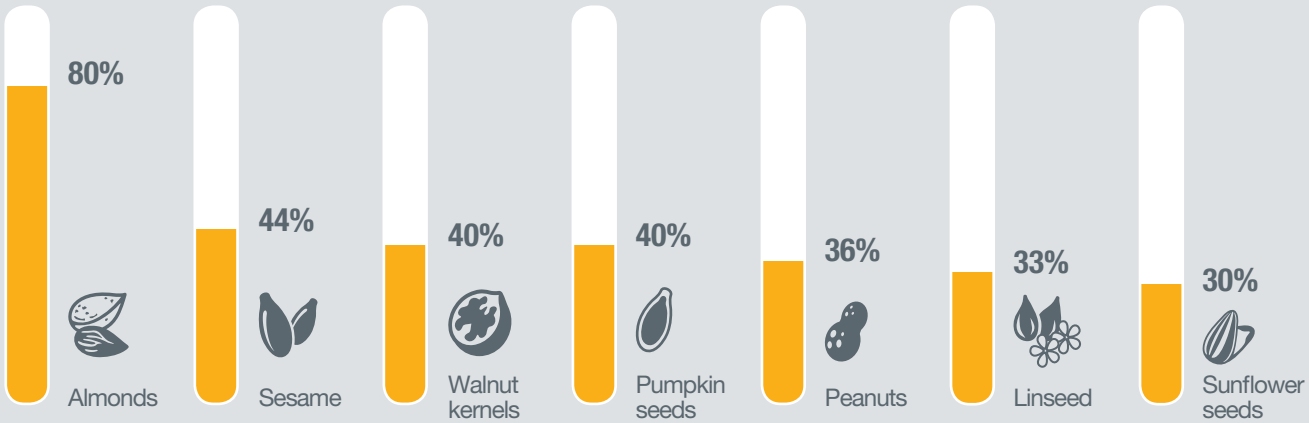
KEEP OIL IN TINTED GLASS BOTTLES

Cold pressed oil should be stored in tinted bottles at a temperature below 20 °C.

OIL YIELD WILL VARY

Amount of oil extracted with pressing depends on the ingredients, humidity, and pressing speed.

Share of oil in some ingredients



Cold pressing

Keeping the oil temperature below 49 °C during the pressing process allows the oil to retain its vitamins and minerals that may be destroyed at higher temperatures. Cold pressing technology only heats the ingredients to a temperature that allows extraction of oil. Cold pressed oils should be stored in tinted containers and in a cool place as they are, compared to industrially processed oils, more sensitive to light and will sooner lose their nutrients and genuine aroma at room temperature.

Auger

Oil is extracted from seeds and nuts by rotating auger that crushes the ingredients and separates them into oil and the useful residue – the cake. The auger is made of outstandingly rigid stainless steel that is also very easy to clean. Rather than washing under running water, the metal part may be simply wiped clean with a dry kitchen cloth.

No stop function

The oil press features a function that allows simply reversing the auger rotation to releasing any clogs of seeds and nuts. You will not have to empty or disassemble the appliance and the ingredients will always be fully used.

Safety first

The appliance will only operate if the lid on the ingredient container is firmly and correctly in place. As another safety feature, the appliance will automatically stop in case of overheating or if the ingredient container is empty.

Duo container

Two containers are supplied with the appliance: an oil container fitted with a filter that eliminates any solids from the oil, and a larger container for collecting the cake. The containers are made of durable BPA-free materials.

30-minute cycle

Oil press can operate continuously for up to 30 minutes. This means your only task in this time is to keep the ingredient container full and to make sure there is enough space in the oil and cake containers. Thus you will be free to do other tasks during the pressing process.

Hopper

Installed directly above the auger, the hopper feeds the ingredients into the press with precision, relieving you of any worries as to whether you added too much or too little. The hopper has a capacity of 700 ml and can be easily removed and cleaned under running lukewarm water.

Rubber feet

You can rest assured the appliance will not move over the counter during the pressing process. The rubber feet on the bottom of the appliance allow a firm grip and stability, which means safe use and no unpleasant surprises.

ENJOY YOUR HOMEMADE OIL!

10 SELECT AND TESTED RECIPES FOR THE OIL PRESS OP 650W

Healthy and freshly pressed oil may be used in many ways.

Make delicious dips and spreads; add oil to salad dressing and even to smoothies.

And do not forget body care.

SUNFLOWER SEED SPREAD

INGREDIENTS, SERVES 4:

- 150 g sunflower seeds
- 2 cloves garlic
- 40 ml cold pressed sunflower oil
- a pinch of salt
- 2 tablespoons lemon juice
- fresh or dried parsley

METHOD:

1. Soak the sunflower seeds for 24 hours.
2. Grind and add garlic.
3. Pour in sunflower oil and lemon juice, and season to taste.
4. Add chopped fresh or dry parsley.
5. Grind to a smooth paste and serve.

SWEET MILLET PORRIDGE

INGREDIENTS, SERVES 4:

- 100 g millet porridge (or gruel)
- 1 apple
- 1 banana
- 0.5 l apple juice
- teaspoon cinnamon
- a pinch vanilla powder
- raisins
- 1 tablespoon cold pressed walnut oil

METHOD:

1. Cook the millet in apple juice.
2. Chop the apple and banana into small bits.
3. Add raisins, cinnamon and vanilla.
4. Pour walnut oil over the millet.
5. Stir and serve warm.

FISH FILLET DRESSING

INGREDIENTS, SERVES 4:

- 1 onion
- 2 radishes
- 2 tablespoons white wine vinegar
- 5 tablespoons cold pressed walnut oil
- 1 tablespoon lemon juice
- 1 teaspoon mustard
- 1 tablespoon honey
- salt, pepper

METHOD:

1. Chop the onions and the radishes.
2. In a bowl, combine the vinegar, lemon juice, mustard, and honey.
3. Use a whisk to stir in the walnut oil.
4. Season to taste.
5. Fold in the chopped vegetables.
6. Serve with grilled fish fillet.

COTTAGE CHEESE SPREAD

INGREDIENTS, SERVES 4:

- 250 g cottage cheese
- 1 leek
- pepper
- 1 clove garlic
- 2 tablespoons sour cream
- 1 teaspoon lemon juice
- 3 tablespoons cold pressed pumpkin seed oil

METHOD:

1. Finely chop the leek and garlic, and fry quickly.
2. Add the cottage cheese and sour cream.
3. Season to taste and add the pumpkin seed oil.
4. Add some tang to the taste with lemon juice.
5. Mix and serve with toasted bread.

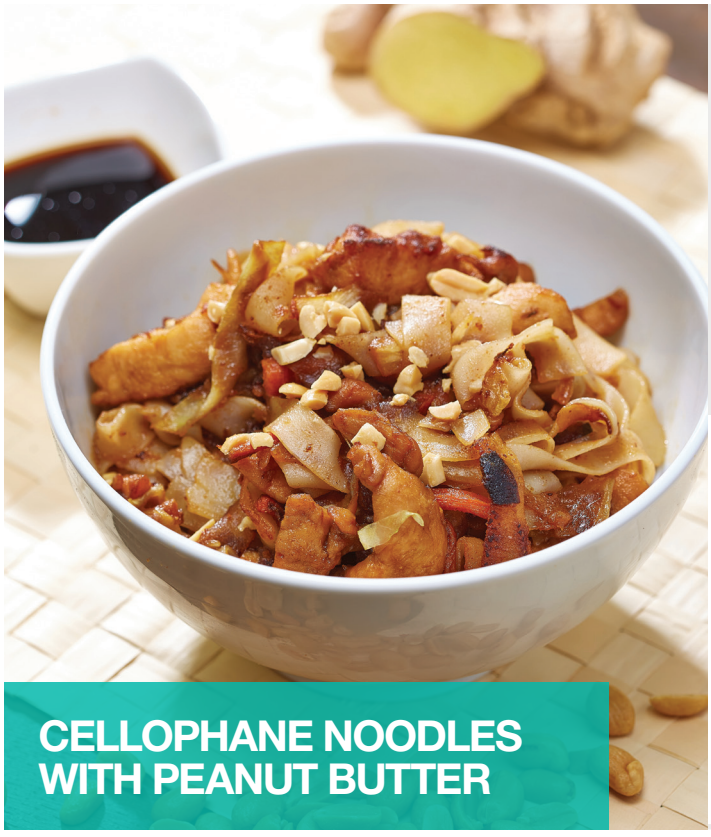
MAYONNAISE

INGREDIENTS, SERVES 4:

- a pinch of salt
- 2 egg yolks
- 250ml cold pressed sunflower oil
- 2 tablespoons lemon juice
- a teaspoon of white pepper

METHOD:

1. Make sure all ingredients are at the same temperature.
2. Separate the egg yolks from the whites.
3. Combine yolks and salt and whisk them until smooth using either a hand whisk or a mixer.
4. Add the oil one drop at a time while mixing continuously and evenly.
5. Mix until the mixture is firm and dense.
6. Add pepper and lemon juice and mix again.



CELLOPHANE NOODLES WITH PEANUT BUTTER

INGREDIENTS, SERVES 4:

- 200 g cellophane noodles (Chinese vermicelli)
- 200g carrots
- 1 chunk chicken breast
- 200 g fresh cabbage
- 1 cup soy sauce
- 1 teaspoon grated ginger
- 2 cloves garlic
- 2 tablespoons peanut butter
- 1 cup cold pressed peanut oil

METHOD:

1. Slice the vegetables and stir fry them.
2. Thinly slice the meat and marinate in soy sauce with peanut oil.
3. Sear the meat and add chopped garlic and ginger.
4. Add water and soy sauce.
5. Break and add the cellophane noodles. Cook until soft.
6. Finally, stir in the peanut butter and serve.

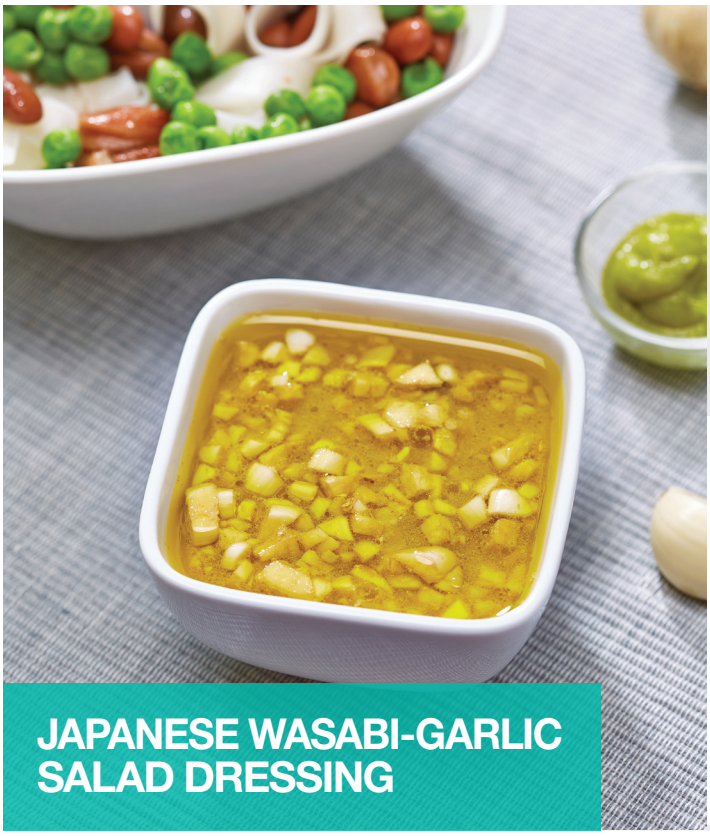
DETOX SMOOTHIE

INGREDIENTS, SERVES 4:

- 2 bananas
- 8 tablespoons cold pressed hempseed oil
- 1 soy yoghurt, fruit
- 1 apple
- 3 fistfuls fresh spinach leaves
- 1 fistful grapes without seeds

METHOD:

1. Slice the bananas and seed the grapes.
2. Peel and seed the apple.
3. Mix the fruit in a mixer and add the other ingredients.



JAPANESE WASABI-GARLIC SALAD DRESSING

INGREDIENTS, SERVES 4:

- 1 clove garlic
- 3 tablespoons Japanese soy sauce
- 1 tablespoon cold pressed sesame oil
- 1 tablespoon wasabi paste
- 3 tablespoons rice vinegar

METHOD:

1. Finely chop the garlic.
2. In a bowl, mix it with soy sauce and sesame oil.
3. Add the wasabi paste and rice vinegar and stir well.
4. Leave to rest for 15 minutes.
5. Serve with salad of chilled noodles, black beans, and peas.

FACIAL PEEL

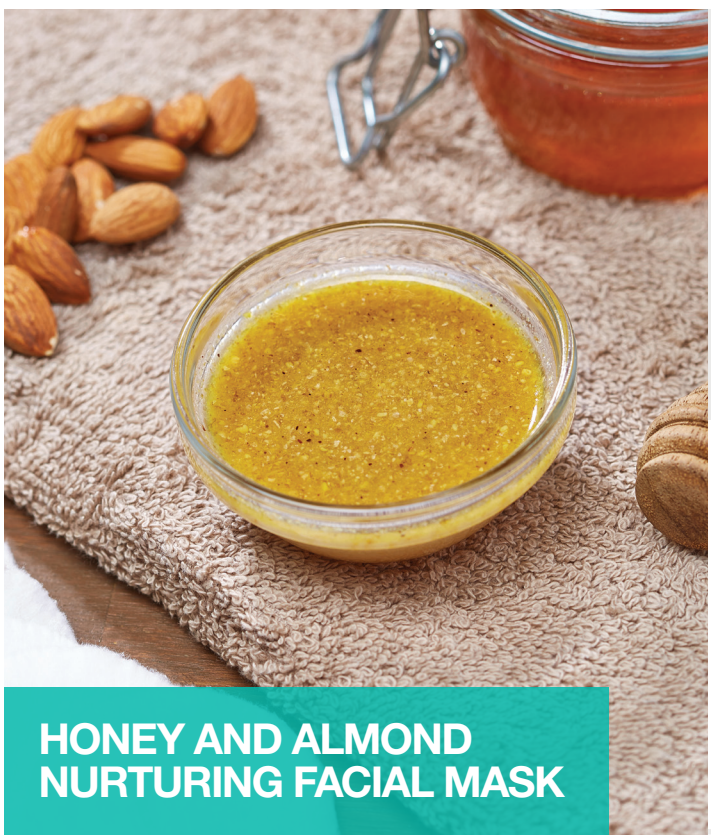
INGREDIENTS:

- 1 tablespoon cold pressed almond oil
- teaspoon finely ground sea salt

Combination of almond oil and sea salt promotes skin regeneration and has an antiseptic effect.

USE:

1. Combine almond oil and salt.
2. Apply to face and massage gently.
3. Leave to take effect for 3 minutes.
4. Rinse with warm water.
5. The combination of salt and oil heals the skin and has an antiseptic effect.



HONEY AND ALMOND NURTURING FACIAL MASK

INGREDIENTS:

- 3 tablespoons whole milk
- ½ tablespoon cold pressed almond oil
- ½ tablespoon ground almonds

USE:

1. Combine the ingredients into a thick and smooth paste.
2. Apply the mixture to clean face.
3. While applying, gently massage in circles.
4. Leave the mask to take effect for 15 minutes.
5. Rinse with warm water.

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