

## Paderno World Cuisine 6-Blade Spiral Slicer



For safety and ease of use, read instructions thoroughly and carefully before the first use. Be sure to become familiar with each component and always handle blades with caution as they are extremely sharp.

# Components

Replacement parts will fit the original Tri-Blade Spiralizer and the new 6-Blade Spiralizer. They can be found at [www.PadernoUSA.com](http://www.PadernoUSA.com) .

- A4982793 – Box of 3 New Styles (Angel Hair Blade, Straight Blade, Wavy Blade)
- A498275B – 1.2mm Straight Blade
- A498272A – 2mm Angel Hair Blade
- A498272W – 2mm Wavy Blade
- A4982702 – 2mm Straight Blade
- A4982703 – 3mm Shredder Blade
- A4982706 – 6mm Chipper Blade
- A49827LH – Side Lever Handle
- A49827TH – Turning Crank Handle
- A49827WH – Wheel with Prongs
- A49827ST – Slider Base (no handles)
- A49827SF – Suction Feet (sold by the “each”)
- A498286B – Dual-Sided Cleaning Brush



## WARNING!

- Blades and plastic casings are made of one unit and cannot be adjusted or separated. The “blade” refers the whole cartridge or plate.
- Never touch metal blades or prongs directly, as these are very sharp, and therefore dangerous.
- Suction feet will not adhere to porous surfaces such as wood or some stone kitchen counters.

# Instructions

## TO ASSEMBLE:

The crank handle and the pronged attachment are not mounted to the slicer upon shipment and must be attached to prepare the unit for use.

## To take apart:

- Disassemble the pronged attachment and the crank handle by gently turning the crank handle counter-clockwise. You will end up with two pieces: a pronged attachment, designed to hold one side of the vegetable or fruit, and an L-shaped turning crank handle. The pronged attachment has a threaded metal pin in the back. (see images 1A and 1B)
- Insert the pin found on the back of pronged attachment through the opening in the upright part of the sliding plate, with the prongs facing the blade plate. (see image 2)
- Screw the crank handle back onto the pin firmly but gently. (see image 3)



Image 1A



Image 1B



Image 2



Image 3

The slicer comes with one blade already in place , two additional blades in the storage compartment beneath the slider, and three in a separate storage box.

To remove the blade already placed in the slicer, press in the release tab located on the back of the blade plate and pull straight up firmly until it snaps out of the slicer. The release tab is located at the bottom center of the blade cartridge. That tab should be lightly pushed in, from the back of the blade. Make sure NOT to touch any metal components on the other side, where sharp cutting areas are exposed. (see Images 4A and 4B)



Image 4A



Image 4B

To remove the blades stored in the base of unit, push on the exposed release tabs found on the LEFT side of the base (next to the Paderno World Cuisine logo), and carefully pull out the desired blade by grasping from the rounded top. (see Images 5A and 5B)



Image 5A



Image 5B

## TO OPERATE:

- Secure the slicer to a smooth working surface by pressing down on the four corners with suction feet. (Note that suction feet will not adhere to porous surfaces such as wood.) (see Image 6 w/Inset)
- Hold selected blade by the top rounded edge and snap into place by pushing down with the raised side of the blade facing the pronged wheel. (see Image 6 w/Inset)
- Center one side of food onto the small circular corer on the blade and hold the vegetable or fruit in place, being sure to always maintain hands at a safe distance from the sharp cutting blades. Move the slider forward and gently squeeze the vegetable or fruit in between the wheel with prongs and the upper, circular corer blade. (see Images 7 w/Inset and 8)
- For best operation, turn the crank handle clockwise with the right hand while simultaneously pushing the side lever handle on the sliding plate forward with the left hand. Make sure to apply constant pressure, distributing it firmly and evenly between the turning crank and the side lever handle. (see Image 9)  
Should the pressure be interrupted, the vegetable or fruit may fall off. If so, reposition food with caution following steps indicated above, and resume turning the handle.



Image 6 w/Inset



Image 7 w/Inset



Image 8



Image 9

#### GETTING CREATIVE:

The slicer comes with six blades: 1.2mm Straight Blade, 2mm Straight Blade, 2mm Angel Hair Blade, 3mm Shredder Blade, 6mm Chipper Blade and a 2mm Wavy Blade.

- To make continuous spiral cuts and curly fries, attach the vegetable or fruit to the circular corer on the blade and gently press the prongs onto the opposite end. Crank as usual using the 2mm Angel Hair, 3mm Shredder or 6mm Chipper Blade.
- To make C-shaped cuts, make a half-inch vertical cut with a knife along two opposite sides of the vegetable or fruit. Attach the vegetable or fruit to the circular corer on the blade and gently press the prongs onto the opposite end. Crank as usual using the 1.2mm or 2mm Straight Blade, or 2mm Wavy Blade.
- To make flat or wavy ribbon cuts, attach the vegetable or fruit to the circular corer on the blade and gently press the prongs onto the opposite end. Crank as usual using the 1.2mm or 2mm Straight Blade, or 2mm Wavy Blade.
- Use the 2mm Straight Blade to achieve thick shreds of cabbage for coleslaw.
- For best results with the 2mm Angel Hair Blade, we recommend using items such as cucumbers, zucchini, daikon radish, turnips and parsnips. Dense, starchy items like sweet potatoes, butternut squash and rutabaga not recommended.

Please note that either an uneven vegetable or uneven turning pressure may interrupt the cut, making a C-shape cut instead of a continuous noodle.

#### SUGGESTIONS OF FOODS TO USE:

- Potato, Apple, Onion, Cucumber, Carrot, Turnip, Butternut Squash, Sweet Potato, Zucchini, Radishes and Cabbage

#### SERVING SUGGESTIONS

- Ideal for making curly fries, vegetable noodles, shoestrings and vegetable garlands, or for making beautiful salads and other original presentations.

#### TO CLEAN:

- Carefully remove the blades from the unit making sure to hold the blade by the plastic edge. Remove the sliding plate that holds the crank handle by simply pulling out. Scrub with brush, included, and mild detergent, if necessary. Parts may also be placed on the top rack of a dishwasher.
- To reinsert the slider, push back in with the crank handle facing outward.
- The spiral vegetable slicer is top-rack, dishwasher-safe. Blades should be kept inside bottom compartment or storage box when not in use.

# Recipe Collection



## Raw Zucchini Pesto Salad (Serves 4 as side dish)

### Ingredients:

- 2 cups packed basil leaves, stems removed
- 1 clove garlic, minced
- 2 tablespoons pine nuts
- 1 cup olive oil
- 1 teaspoon kosher salt
- Black pepper to taste
- 1 cup grated Parmesan (divided)
- 1/2 pound cherry tomatoes, cut in half
- 4 ounces mini mozzarella balls, cut in half
- 3 zucchinis



Blade Used: 3mm Shredder Blade

### Directions:

Place 1 cup of the basil, garlic, pine nuts, olive oil, salt and pepper in the bowl of a food processor; blend on low until thoroughly combined.

Add the remaining basil and  $\frac{3}{4}$  cup of Parmesan to the processor and blend until smooth. Adjust salt and pepper, if desired.

Peel and trim ends from zucchini. Insert the 3mm Shredder Blade and mount the zucchini. Spiralize and cut strands into noodles about the length of standard spaghetti.

Toss the zucchini noodles with pesto to taste. Garnish each plate with halved tomatoes, mozzarella balls and remaining Parmesan. Top with basil leaves, if desired.

Tip: for slightly softened zucchini strands, spread over a sheet pan lined with paper towels and sprinkle with about two pinches of salt. Allow the strands to set for about 10 minutes, and then roll in the paper towels pressing gently to remove additional liquid. Proceed with recipe.



## Dill Cucumber Ribbon Salad (Serves 6)

### Ingredients:

6 large cucumbers, ends trimmed  
1 small red onion  
16 ounces fat free sour cream  
1/4 cup apple cider vinegar  
3 tablespoons fresh minced dill  
1 teaspoon kosher salt  
1 teaspoon sugar  
Black pepper to taste



Blades Used: 1.2mm and 2mm Straight Blades

### Directions:

Cut the trimmed cucumbers in half to create smaller pieces. Insert the 1.2mm Straight Blade into the spiral slicer. Place a cucumber half onto the center coring hole and bring the handle up to secure. Turn the handle to create ribbons of cucumbers, stopping and removing strands every 3 turns of the handle. Repeat until all cucumbers have been ribbon cut.

Sprinkle the ribbons with salt and place in a colander to drain for at least an hour, tossing gently every 15 minutes to remove excess water.

While the cucumbers are draining, whisk together the sour cream, vinegar, dill, salt, sugar and black pepper. Cover and chill.

When the cucumbers have drained, turn them out onto paper towels and gently press with extra paper towels on top. Place into a large bowl.

Peel the onion and trim the ends. Slice a slit into one side of the onion, stopping near the center. This creates “c-shaped” slices. Attach the 2mm Straight Blade to the slicer and cut the onion. Only cut half, as that is all that is needed for this recipe.

Toss the cucumber ribbons with the onions. Add prepared dressing in small increments and gently toss to combine until desired taste is reached. Garnish with extra dill.

## Spiralized Cuban “Rice” Stuffed Peppers (Serves 4-6)

### Ingredients:

2 sweet potatoes

3” piece of daikon radish

2 tablespoons coconut oil

1 1/2 - 2 teaspoons kosher salt

1/2 cup chicken broth

1 teaspoon cumin powder

1 can black beans, drained and rinsed

Handful of cilantro, torn

4 ounces Monterrey jack cheese, shredded

4 bell peppers, tops and seeds removed and sliced in half vertically

### Directions:

Preheat oven to 350F.



Blade Used: 3mm Shredder Blade

Trim the ends off and peel both the sweet potatoes and the daikon radish. Insert the 3mm Shredder Blade into the Spiralizer. Process both the potatoes and daikon into strands.

Place the sweet potato and daikon noodles, in batches, into a food processor and pulse until they resemble small, grain-like pieces.

Heat the coconut oil in a large skillet. When the oil is hot, add the vegetable “rice” and sauté over medium heat for 5-8 minutes until softened. Add the chicken broth and continue to cook for 5 minutes or until broth is absorbed.

While the broth absorbs, bring a medium pot of salted water to boil. When boiling, add the pepper halves and simmer for 8 -10 minutes, or until they begin to soften. Drain and set on a baking sheet.

Season the vegetable rice with salt and cumin. Add the black beans and cheese. Remove from heat. Stuff each pepper half with amount of vegetable rice. Sprinkle tops with a pinch of additional salt. Bake peppers for 30-45 minutes until soft and heated through. Garnish with cilantro to serve.

## Cantonese Golden Beet Noodles with Pork (Serves 4-6)

### Ingredients:

#### For pork:

3/4 pound lean, boneless pork chop, sliced very thin

3/4 teaspoon cornstarch

1/2 teaspoon sweet soy glaze

(found near soy sauce at most stores)

3/4 teaspoon light soy sauce

1 teaspoon dry sherry

Pinch of sugar

2 teaspoons minced garlic, divided

1/2 teaspoon sesame oil

1/2 teaspoon chili garlic sauce (such as Sambal Oelek)

#### For vegetables:

6 large golden beets, peeled and ends cut flat

1 lemon (to add to water)

1 baby bok choy, rinsed

10 shiitake mushrooms, stems removed and sliced thin

6 scallions, sliced on the bias into 1" segments

3-5 teaspoons sweet soy glaze

3 teaspoons light soy sauce

1/2 teaspoon sugar

1/4 cup water

Vegetable oil for pan

Sliced lime and sesame seeds for garnish



Blade Used: 6mm Chipper Blade

Tip: Different flavors can be achieved by selecting chicken, beef, or seafood instead of the pork. Add more spice by adding additional chili garlic sauce while stir-frying the meat.

**Directions:**

Place the sliced pork in a plastic sealable bag. Whisk together the cornstarch, 1/2 tsp sweet soy glaze, 3/4 tsp light soy sauce, sherry, pinch of sugar, minced garlic, sesame oil, and chili garlic sauce. Add to the bag and mix well to cover the pork. Seal and refrigerate for 30 minutes.

While the pork marinates, insert the 6mm Chipper Blade into the Spiralizer. Spiralize the beets into thick strands, and then cut into shorter lengths about the size of standard spaghetti.

Add 6 cups water to a large bowl. Squeeze the juice from 1 lemon into the water and mix. Submerge spiralized beet noodles into the water, stirring for a minute, then remove to paper towels to dry. This helps prevent noodles from discoloring.

Prepare the bok choy by slicing the greens away from the white part of the vegetable. Slice the greens into long ribbons, and then slice the white part into thin slices. Keep them separated, as they will be cooked individually.

Heat 1 tablespoon of vegetable oil in a wok or large pan over high heat. Add the pork, marinade, and 1 teaspoon of additional minced garlic to the pan and stir-fry until browned. Remove and set aside.

Add 2 additional tablespoons of vegetable oil to the pan and sauté the mushrooms, scallions, and white bok choy pieces, over medium heat, for approximately 2-3 minutes. Remove and set aside.

Heat the pan over medium heat and add all the beet noodles with 1/4 cup water. Cook and toss the noodles until they reduce in size and are “al dente” in texture. This will take approximately 10 minutes.

When the noodles have softened, mix together the remaining sweet soy glaze (start with 3 teaspoons), light soy sauce and sugar, and add to noodles. Toss to combine well. For darker noodles, add the additional 2 teaspoons of sweet soy glaze.

Add the cooked mushrooms, scallions, and white bok choy pieces to the beet noodles and toss to combine.

Add the sliced green bok choy leaves and toss until the greens are slightly wilted. Sprinkle with sesame seeds and serve with lime pieces.

## Spiralized Antipasto Salad (Serves 4-6)

### Ingredients:

3-4 large zucchinis, peeled and ends trimmed flat  
1 small white onion, sliced in half and cut into thin half-moon shapes  
Small bag of turkey pepperoni slices, cut in half  
1 can large olives, rinsed and drained, then cut in thirds  
Small package cherry tomatoes, sliced in half  
1/2 cup olive oil  
1/4 cup balsamic vinegar  
2 teaspoons of whole grain mustard  
1 tablespoon sugar  
2 sprigs fresh thyme, stems removed and leaves minced  
1 sprig fresh rosemary, stem removed and leaves minced  
Pinch salt and pepper  
Freshly-grated Parmesan

### Directions:

Cut the zucchini in half for smaller pieces to spiralize. Insert the 3mm Shredder Blade into the Spiralizer and process the zucchini into strands. Cut the strands into smaller lengths with scissors. Place into a large bowl.

Add the sliced onion, cut pepperoni, sliced olives, and halved tomatoes. Toss to combine everything.

Whisk together the oil, vinegar, mustard, sugar, herbs, and salt and pepper. Drizzle an initial small amount over the salad and toss to combine. Continue adding dressing to taste.

Top with freshly-grated Parmesan and serve with additional dressing on the side.



Blade Used: 3mm Shredder Blade or 6mm Chipper Blade

## Creamy Butternut Noodles with Bacon (Serves 4-6)

### Ingredients:

- 2 butternut squash, top neck only
- 1 bunch asparagus, top thirds only
- 2 tablespoons olive oil
- Salt and pepper
- 1/2 pound thick-cut bacon (reserve about 2 tablespoons of grease)
- 1 small white or yellow onion, sliced into thin half-moons
- 3 stems fresh thyme, minced
- 2 teaspoons minced garlic
- 1/2 cup chicken broth
- 5 ounces fresh spinach, roughly chopped
- 1/2 cup mascarpone cheese
- 3 tablespoons fresh grated Parmesan cheese (plus more for garnish)

### Directions:

Preheat oven to 400F.

Cut the top 1/3 of the asparagus into halves. Bring a small pot of salted water to a boil and blanch asparagus for 3 to 4 minutes. Remove asparagus immediately and place into a bowl of ice water for 2 minutes to stop the cooking. Transfer to a plate lined with paper towels to dry.

Slice the bacon into small strips and brown in a pan, reserving 2 tablespoons of grease. Pat the bacon dry and set aside.

Remove bulb from squash (contains seeds) and save for a different use. Slice off both ends of the neck to ensure each end is flat. Peel and cut into two smaller pieces that will spiralize more easily. Insert 3mm Shredder Blade or 6mm Chipper Blade into the spiral slicer and attach squash. Spiralize and cut strands into noodles about the length of regular spaghetti.

Lay the noodles on a large baking sheet. Drizzle with olive oil and season with salt and pepper; toss to coat evenly. Spread noodles over the pan and roast in preheated oven for 8 - 10 minutes, or until al dente, and set aside.

Place the reserved bacon grease into a large pan and heat over medium-high heat. Add the sliced onions, thyme, and large pinch of salt. Sauté until the onions soften and start to brown lightly, about 2 minutes. Add the garlic and asparagus to the pan; toss together.

Reduce the heat to low and add the butternut noodles, chicken broth, spinach, mascarpone, and grated Parmesan. Stir well while incorporating the mascarpone. Adjust salt and pepper to taste.

When the mascarpone has melted completely, transfer the noodles into a serving dish and garnish with additional grated Parmesan. Top with torn fresh basil if desired.



Blade Used: 3mm Shredder Blade or 6mm Chipper Blade

## Spiralized Korean Bibimbap with Daikon Rice (Serves 4)

### Ingredients:

#### For the "Rice"

1 large piece of daikon (largest possible)

1 teaspoon sesame oil

1 teaspoon soy sauce

Pinch of salt

#### For the Beef:

1 pound boneless rib eye steak, outer fat removed and meat sliced very thin

1/3 cup soy sauce

1 1/2 tablespoons garlic, finely minced

1 1/2 tablespoons brown sugar

1 tablespoon sesame seeds

1 1/2 tablespoon sesame oil

1 tablespoon honey

1 tablespoon fresh grated ginger

1 tablespoon red pepper flakes

Pinch of black pepper

#### For the Bibimbap:

5 ounces fresh spinach

16 ounces bean sprouts

2 large carrots, peeled

1 large zucchini

1 large cucumber

6 ounces shiitake mushrooms, stems removed and sliced

5 green onions, sliced into large pieces on a bias

4 eggs

Prepared kimchi

Bottled gochujang sauce

For use in the wok or pan: sesame oil, minced garlic, mirin (sweet rice wine), sesame seeds, salt and pepper (all in amounts suited to taste)



Blades Used: 2mm Angel Hair Blade, 2mm Wavy Blade, 3mm Shredder Blade

Tip: Prep is very important with this recipe. Be sure to prepare all the vegetables and have all sauces and seasonings close to cooking surface for quick use.

Bibimbap can also be served over traditional rice, if desired.

Directions:

Combine all the ingredients to make the beef in a plastic sealable bag. Combine, seal, and refrigerate for 2 hours.

Slice ends off the daikon and peel. Cut into smaller sections for spiralizing. Insert the 3mm Shredder Blade into the Spiral izer and process the daikon into strands. Place the strands, in batches, into a food processor and pulse to create small "rice" like pieces. Repeat with remaining strands.

Place a large nonstick pan on the stove over medium heat. Add the daikon rice and stir occasionally. After the daikon has released its liquid and the liquid has evaporated, add a pinch of salt, the sesame oil, and the soy sauce. Mix well and continue to cook until there are no traces of liquid left in the pan. Remove the daikon rice and set aside.

To prepare the vegetables: slice the carrots in half to create two shorter pieces for spiralizing. Insert the 2mm Angel Hair Blade into the Spiralizer and process carrots into thin strands. Cut the strands into noodles about the length of standard spaghetti. Set aside.

Slice ends off zucchini and cut into two smaller pieces for spiralizing. Insert the 2mm Wavy Blade into the Spiralizer and process the zucchini into long wavy ribbons. Cut the strands into noodles about the length of standard spaghetti. Set aside.

Slice ends off cucumber and peel. Cut the cucumber into two smaller pieces for spiralizing. Insert the 3mm Shredder Blade into the Spiralizer and process the cucumber into noodles. Cut the strands into noodles about the length of standard spaghetti. Set aside.

Assemble all the ingredients listed as "for use in the wok" next to cooking surface. Gather the prepared vegetables and meat and bring them to the cooking area, as well. Have a large platter ready to hold all the ingredients as they come out of the pan.

Heat a wok or large pan over medium heat. Add 1 teaspoon sesame oil to pan and allow to heat for a moment. Add carrot spirals to the pan with a pinch of salt and small splash of mirin. Sauté for one minute or until the carrot strands soften. Remove to the platter.

Add 1 teaspoon sesame oil to the pan and heat for a moment. Add wavy zucchini ribbons, a pinch of salt and pepper, 1/2 teaspoon minced garlic, and a large pinch of sesame seeds. Sauté and toss zucchini in pan for 1-2 minutes until softened. Let the ribbons dry on paper towels, then place on platter with cucumbers.

Add 1 teaspoon sesame oil and 1/2 teaspoon soy sauce to pan, allow to heat for a moment. Add the bias cut green onions and 1/2 teaspoon minced garlic to pan. Sauté for 2-3 minutes until the onions have softened and have some color to them. Remove to platter.

Add 1 teaspoon sesame oil to pan and heat. Add sliced mushrooms, a pinch of salt and pepper, 1 teaspoon soy sauce, and 1/2 teaspoon garlic, toss to combine. Sauté for 3 minutes, then remove to platter.



Add 1 teaspoon sesame oil to pan and heat for a moment. Add spinach, a pinch of salt and pepper, 1/2 teaspoon soy sauce, 1/2 teaspoon mirin, and a pinch of sesame seeds. Sauté until the spinach is wilted and soft. Remove to platter.

Add 1 teaspoon sesame oil to pan and heat over high heat. Remove beef from marinade and cook in pan for 3 to 4 minutes until fully cooked, being careful not to overcook. Remove to platter.

Drain most of the liquid from beef out of the pan. Heat pan over medium heat, then add bean sprouts, a pinch of salt, and 1/2 teaspoon garlic. Sauté for 2 minutes then remove to platter.

Cook the eggs in a separate pan, sunny side up with a lid over the pan. When whites are set and yolk is to desired firmness, remove to a plate.

To serve, place portions of daikon rice in the bottom of each bowl. Top with the prepared beef and vegetables, keeping them separated and alternating colors as much as possible. Include portions of kimchi and then top with an egg. Garnish with additional sesame seeds and drizzle with gochujang sauce and additional sesame oil.

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