

A Real Crush

Can a bladeless machine extract fruit and vegetable juices, and even make soya bean milk? **RACHEL CHIA** tries one and compares it to a regular juicer.

What Is It?

The 7.5kg Hurom Slow Juicer crushes and squeezes fruits and vegetables to extract their juices, instead of cutting them up into tiny bits like regular juicers. This preserves the nutritious enzymes as less air gets into the juice during the process, explains Seah Po Poh, director of Evercare Innovation, the distributor of the Korean-brand juicer. It can also make milk from beans and nuts.

Why I Liked It

- 1 I could re-juice the pulp – and the machine extracted more juice out of it.
- 2 Despite its name, it was faster and quieter than a regular juicer.
- 3 There were no blades in the juicer so there was no danger of accidentally cutting myself during washing up.
- 4 Cleaning it was not hard. I poured three cups of water through the juicer till it ran clear, then scrubbed out the pulp residue with a brush that came with the machine.



THE JUICING

I put different types of fruits, vegetables, beans and nuts through both the Hurom Slow Juicer and a regular one.



- The Hurom juicer generally yielded more juice than a conventional juicer. For example, I got 250ml of juice from two apples and oranges compared to just 200ml from a regular juicer.
- The juices were more vivid in colour. The apple juice was clear with an orange tint, while a regular juicer produced a brownish juice.
- All the juices turned out thicker and creamier, almost like smoothies.



- Soft fruits like bananas turned out thick and mushy, because of the way the fruit was processed. Juicing them in a regular blender made it come out smoother.
- I soaked soya beans and almonds overnight before milking them. 250g of almonds (with 250ml of water) gave me 800ml of milk – 50ml more than the regular juicer. The milk was thick and a little chalky with a slightly raw flavour.



VERDICT “Simple to use, it produced juices that tasted marvellously good. A fantastic investment for people serious about getting the most out of their fruits and vegetables.” – Rachel Chia, intern