



3 Tier Food Steamer

Instruction Manual



Item No. 35220

IMPORTANT! SAFETY INSTRUCTIONS:



READ THIS MANUAL BEFORE USING THIS APPLIANCE.

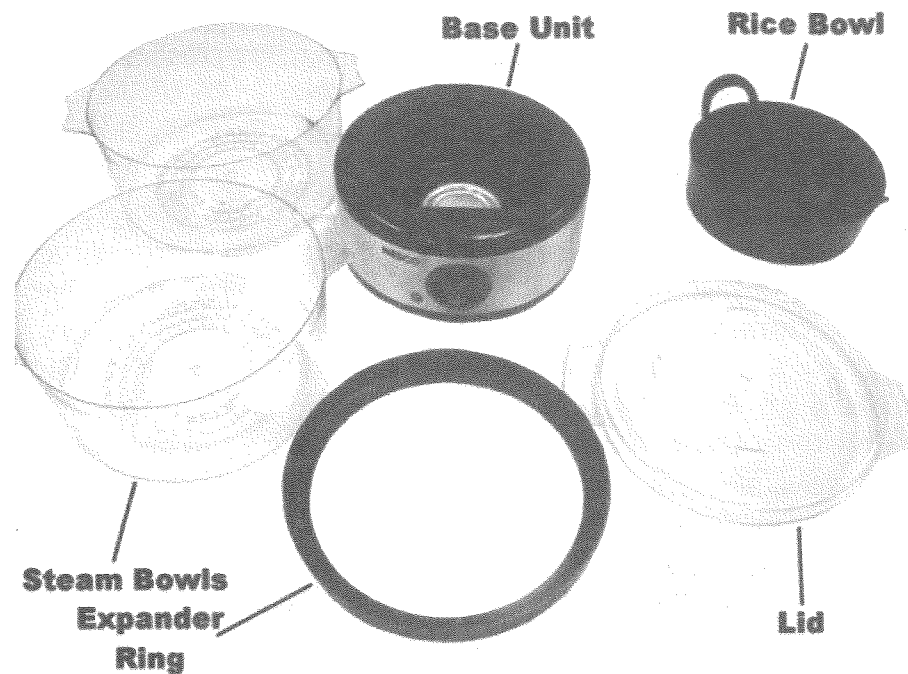


WARNING! READ ALL SAFETY WARNINGS AND INSTRUCTIONS FAILURE TO FOLLOW THE WARNINGS AND INSTRUCTIONS LISTED BELOW MAY RESULT IN ELECTRIC SHOCK, FIRE AND/OR INJURY

- **The intended use of this appliance is explained in this manual. The use of accessories other than those recommended in this manual may present a risk of personal injury.**
1. Check that your mains voltage corresponds to that stated on the appliance's rating label.
 2. This appliance is for household use only.
 3. Never use this appliance near bathtub, shower, basin or any other containers of water or other liquid.
 4. Never use this appliance with wet hands.
 5. Never leave this appliance unsupervised when in use.
 6. Make sure that the switch is on the position of "off" before plugging.
 7. Do not open the lid when cooking.
 8. The outer surface of the steamer is hot when cooking. Never touch it before it's cooled down. Use oven gloves or a cloth and lift using handles.
 9. Do not reach over the Steamer as hot steam may scald.
 10. Do not cook frozen meat or poultry in this Steamer – defrost fully before use.
 11. To reduce the risk of electric shock, cook only in removable container.
 12. Before first use, please check carefully if all the parts of the appliance are in good condition. If not, please contact the supplier or manufacturer.
 13. If the power cable is damaged, it must be replaced by the replaced by the manufacturer, its after-sales service or an equally qualified person in order to avoid danger.
 14. Cleaning and user maintenance shall not be made by children.

15. Make sure the appliance has cooled down and disconnect the appliance from the mains supply before cleaning.
16. From time to time check the power cord for damage – never use the appliance if the cord or appliance shows any sign of damage.
17. Never immerse the appliance in water or any other liquid for any reason whatsoever.
18. Never use the appliance by pulling on the cord.
19. Ensure that the power cord does not come into contact with hot parts of this unit.
20. This appliance is not intended to be operated by means of an external timer or separate remote-control system.
21. Always place the unit on the flat stable surface.
22. Always remove the plug from the wall socket when the appliance is not in use.
23. Incorrect operation and improper use can damage the appliance and cause injury to the user.
24. This appliance is not a toy and should not be used by children.
25. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children.

PART IDENTIFICATION



1. Steam Bowl: Durable plastic construction offers clear views and dishwasher safe.
2. Lid: Clear, durable plastic construction offers clear views. Is dishwasher safe and designed with handles for safe removal.
3. Rice Bowl: Multi-purpose 2 cup bowl makes the best rice, oatmeal and grains. Dishes prepared in sauces, such as eggs, tamales and many other foods can be steamed using rice bowl. Dishwasher safe.
4. Expander Ring: Durable plastic ring used to fit the steam bowls together when making multi-dish meals.
5. Base Unit: Serves as the water reservoir and has a 60 minute, adjustable timer with automatic shut off. Do not place in dishwasher!

BEFORE FIRST USE

- Wash lid, steam bowls and expander ring in warm soapy water, rinse and dry.
- Wipe base with damp cloth and dry. Do NOT immerse base in water or any other liquid.

HINTS AND OPERATING INSTRUCTIONS

- Do not exceed Maximum water level indicated on inside of base unit.
- Do not operate your steam cooker without water. This could damage the appliance and void your warranty.
- Do not substitute wine, meat or vegetable stock or other liquid in place of water.
- Place food in steam bowl. Add herbs or spices at end of cooking cycle.
- For large food loads or multiple dishes, use both upper and lower steam bowls, dividing food evenly. The lower bowl will generally cook faster than upper bowl, place larger foods or longer cooking foods in the lower steam bowl. Use one steam bowl for smaller loads.
- Always use Lid on Steam Bowl. Make sure handles of Lid are lined up with handles of Steam bowl.
- If both steam bowls are used, place lower steam bowl on base first, then expander ring, then upper steam bowl and lid.
- Plug power cord into a standard outlet. Indicator light will be on while timer is set. When set time is done, light will turn OFF.
- Turn Timer Dial to set the number of minutes required to cook the food load, based on the cooking guidelines on following pages.
- When removing the steam bowls use oven mitts to protect against burns from the hot steam.
- **CAUTION:** Use extreme caution when removing the steam bowl. Hot steam causes serious burns!

- When cooking is complete, turn dial to "0" and unplug the appliance.
- To serve, remove Lid and place under Steam Bowl. Bon appetite.

WATER AMOUNT GUIDE THAT IS ADDED TO BASE:

MINIMUM	1/4 Cup /60mL	approx. 15 minutes cooking time
MIDLINE	1 Cup /250mL	approx. 30 minutes cooking time
MAXIMUM	2 Cup /500mL	approx. 60 minutes cooking time

CARE AND CLEANING

1. After your steamer has cooled, unplug from outlet and remove Steamer Bowls and set in warm soapy water.
2. Remove excess water from base reservoir by tilting it over a sink.
3. Wash Steam Bowls, Expander Ring and Lid in warm soapy water or place in dishwasher.
4. CAUTION: Do not put Base unit in the dishwasher.
5. Do not use abrasive cleaners or steel wool to clean Lid or steam Bowls as it will scratch the clear plastic.
6. NEVER IMMERSE THE BASE IN WATER to clean - wipe outside of Base with damp cloth and dry. Do not use abrasive cleaners on exterior surface of base.
7. Dry with a clean towel or set parts aside to air dry.
8. Never store your Quest Food Steamer with water in the Reservoir. Always empty reservoir and allow parts to dry before storing.

Steaming will bring out the flavor, colour and texture of the vegetables. Steamed vegetables are fat-free and low in calories. The nutrients are steamed into the vegetable and not cooked out

- Always fill reservoir to at least minimum level before connecting to power supply.
- Clean vegetable thoroughly. Remove stems, peel or chop if needed. Smaller pieces of food steam more quickly than large pieces.
- Frozen vegetables should not be thawed before steaming - stir after steaming 10-12 minutes.
- Quantity, freshness and size of food will affect the steaming times. Adjust water amounts and steaming time as desired.

VEGETABLE	AMOUNT/WEIGHT	AMOUNT/WEIGHT
Artichokes, fresh	2-3 medium	35-40
Asparagus, spears	1 lb.	12-17
Beans, green or wax	1/2 lb.	10-15
Broccoli, florets	1/2 lb.	10-15
Brussel Sprouts	1 lb.	18-23
Cabbage, wedges	1 lb.	15-20
Carrots	1/2 lb.	10-15
Cauliflower, florets	1/2 lb.	10-15
Corn on Cob	2-3 ears (shucked)	25-30
Onions small	1/2 lb.	20-25
Peas	1/2 lb.	20-25
Potatoes, whole red	1 lb.	40-45
Spinach	1/2 lb.	10-15
Squash, summer	1 lb.	15-20
Squash, winter	1 lb.	20-25
Turnips, whole	1 lb.	20-25
Frozen Vegetables	10 oz. pkg	30-40

To enhance the flavors of rice and grains use half consommé or broth and half water in the rice dish. Never put anything but water in the water reservoir (base unit).

- Always fill reservoir to at least minimum level before connecting to power supply.
- There are many types of rice, follow specific directions for variety used.
- Check consistency of rice at minimum time specified in chart, while stirring rice at same time.
- For softer rice, increase water in rice bowl and increase cooking time approximately 5-7 minutes. For more firm rice reduce water and time by same amount.
- Adjust steam timer according to your preferences.

RICE / GRAIN	COMBINE IN RICE BOWL		COOKING TIME (MINUTES)
	RICE	WATER	
Brown: • Parboiled • Regular	1 Cup	3/4 Cup	45-50
	1 Cup	1 Cup	42-47
Instant	3/4 Cup	1 Cup	15-20
Long Grain Mix: • Regular(6 oz.pkg) • Instant(6 1/2 oz.pkg)	Mix	1 - 1/2 Cups	50-55
	Mix	1 - 3/4 Cups	17-22
OATMEAL	3/4 Cup	1 Cup	55-60
White: • Long grain • Regular	3/4 Cup	1-1/4 Cups	50-55
	1 Cup	1 Cup	45-50

- Always fill reservoir to at least minimum level before connecting to power supply.
- Before steaming clean and prepare fresh seafood and fish.
- Poach fish in the rice bowl using water, broth or favorite seasoning.
- Fish is steamed to perfection if it flakes easily and becomes opaque.
- Most fish and seafood cook quickly Steam in small amounts.
- Mussels, clams and oysters may open at different times. Check the shells to avoid over-cooking.
- Adjust steam timer according to your preferences.

FISH/SEAFOOD	AMOUNT/WEIGHT	COOKING TIME (MINUTES)
Clams, in shell	3/4 lb.	12-15
Crab: • King crab, Legs • Soft shell	1/2 lb.	20-22
	(5 to 8 pieces)	10-12
Fish: • Dressed • Fillets • Steaks • Whole	1/2 to 3/4 lb.	20-25
	1 lb.	15-20
	1 lb., 1 inch thick	20-25
	1/2 to 3/4 lb.	20-25
Lobster: • Split • Tails • Whole	1 lb.	15-20
	2 to 4 pieces	20-25
	1 to 1-1/4 lb.	20-25

Mussels,in shell	3/4 lb.	12-15
Oysters,in shell	3/4 lb.	12-15
Scallops:		
• Bay, shucked	3/4 lb.	12-15
• Sea, shucked	3/4 lb.	15-20
Shrimp,in shell:		
• Medium	3/4 lb.	12-15
• Large/Jumbo	3/4 lb.	15-18

- Always fill reservoir to at least minimum level before connecting to power supply.
- Meat and poultry that is steam cooked remains most of its moisture. If meat is less tender, steam cooking will make it more tender.
- To achieve a browned look when steaming meat, add paprika, browning sauce or any microwave browning product.
- Season meats with herbs before steaming do not add salt as it will toughen the meat.
- If using rice bowl to prepare your meal cover with plastics wrap to seal in extra moisture and flavor.
- Adjust steam timer according to your preferences.


MEAT & POULTRY	AMOUNT/WEIGHT	COOKING TIME (MINUTES)
Beef:		
• Chuck	1 lb.	30-35
• Corned	1 lb.	30-35
• Hamburger	1 lb.	20-25
• Meatballs	1 lb.	25-30
• Stew Meatballs	1 lb.	25-30
• Stew Meat	1 lb.	25-30
Chicken:		
• Boneless, cubed	1 lb.	20-25
• Pieces	1 lb.(2 to 3 pieces)	45-50
Lamb,cubed	1 lb.	25-30
Pork,cubed	1 lb.	25-30
Pre-cooked Sausage:		
• Hot Dogs	1 lb.	15-20
• Italian	1 lb.	25-30

PLUG:

1. This appliance has been fitted with a BS UK compliant plug which should not be replaced or removed
2. The plug is fitted with UK compliant fuse link which is suitable for this type of appliance and should only be replaced by a fuse link of the same rating
3. If access to the fuse link is only possible by removing the plug cover this must only be done by a suitably qualified person.
4. If the plug or the mains cable of this appliance is damaged do not use and dispose of the appliance responsibly.
5. This appliance is earthed.



Information on Waste Disposal for Consumers of Electrical & Electronic Equipment

 This symbol indicates that this product should not be treated as normal household waste and it should be recycled. Please take it to your nearest collection facility or for further details contact your local council or visit www.recycle-more.co.uk.

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