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Microwave Steamer

USER CARE AND INSTRUCTION MANUAL

Thank you for purchasing the **RICARDO** microwave steamer. Please read the user manual carefully before using this product.

WARNINGS

- ::: Do not use in the oven, on a stovetop, an open flame or direct heat source. For microwave use only.
- ::: **CAUTION** Be careful when removing from the microwave as product may be hot. Beware of hot steam when removing cover.
- ::: Do not use abrasive cleaners or scouring pads for cleaning.

THE BENEFITS OF STEAM COOKING

- ::: Steam cooking enhances flavors while preserving nutrients and essential vitamins of steamed vegetables, fish and more.
- ::: Fish cooks without drying.
- ::: No need to add fat or oil.

KEY TO SUCCESSFUL MICROWAVE COOKING

Cooking on high power can result in overcooking. Cooking times may vary depending on the strength of your microwave. Optimize your microwave experience by learning how to adjust the power level of your microwave. For best results, refer to the microwave's instruction manual.

INSTRUCTIONS

Before first use, wash the steamer in the dishwasher or in warm soapy water.

- ::: Certain food require air circulation and water to be added in the bottom tray. For proper cooking, refer to the guide provided in this manual.
- ::: To open the adjustable vent, simply slide the steam release vent located on top of the lid.

TO STEAM VEGETABLES

- ::: Always add at least 2 tbsp of water in the bottom tray.
- ::: Open the adjustable vent on lid to release steam while cooking and close it partially to keep hot air in after cooking.
- ::: Test every 2 to 3 minutes with a fork to prevent vegetables from overcooking.
- ::: Allow to stand for 1 to 3 minutes after cooking.
- ::: Be careful of hot escaping steam.

TO STEAM FISH

- ::: Add 3 to 4 tbsp of water in the bottom tray.
- ::: Cut fish into serving size pieces and place into steamer.
- ::: Lightly brush top of fish with vegetable oil.
- ::: Season to taste with salt and pepper.
- ::: Cover fish and microwave for 2 to 3 minutes, check to see if done.
- ::: If not done, continue microwaving for 2 minutes or until fish flakes easily with a fork.

GUIDE FOR MICROWAVE STEAM COOKING

The suggested cooking times below are provided as a guide only and are given for microwaves of 1000 watts and above. Cooking times may vary depending on the strength of your microwave.

FOOD	SERVING	WATER	OPEN VENT	SUGGESTED COOKING TIME
Asparagus	1 lb	Add at least 2 tbsp of water in the bottom tray	YES	4-8 minutes
Green beans	1 lb			7-12 minutes
Broccoli	1 lb			6-8 minutes
Carrots	1 lb			6-10 minutes
Cauliflower (cut into florets)	1 lb			8-11 minutes
Corn	2 ears			2-3 minutes
Salmon (brush with 1 tbsp of vegetal oil)	340 g (¾ lb)	Add 3 to 4 tbsp of water in the bottom tray	NO	2-3 minutes

If you have any questions regarding this product, please contact our customer service:

::: by e-mail: kitchenproducts@ricardocuisine.com

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