

# TOASTLESS®

## STAINLESS STEEL FOOD STEAMER & RICE COOKER



## Instruction Booklet

Model: TV5682

## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. **DO NOT** touch hot surfaces. Use handles or knobs.
3. To protect against electrical hazards, do not immerse cord, plugs, or the appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. **DO NOT** operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to Toastess for examination, repair or adjustment. See Warranty.
7. The use of accessories or attachments not recommended by Toastess may cause hazards.
8. **DO NOT** use outdoors.
9. **DO NOT** let cord hang over edge of table or counter, or touch hot surfaces.
10. **DO NOT** place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot liquids.
12. Prior to connecting or disconnecting plug from wall outlet, turn any control to "Off".
13. This appliance is for Household Use Only. **DO NOT** use appliance for other than its intended use.
14. **DO NOT** leave unit unattended while in use.
15. **CAUTION:** This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.
16. This appliance generates steam – **DO NOT** operate uncovered.
17. Use oven mitts or potholders when removing Cover during operation.
18. Always open the Cover away from your face to avoid escaping steam.

## SAVE THESE INSTRUCTIONS

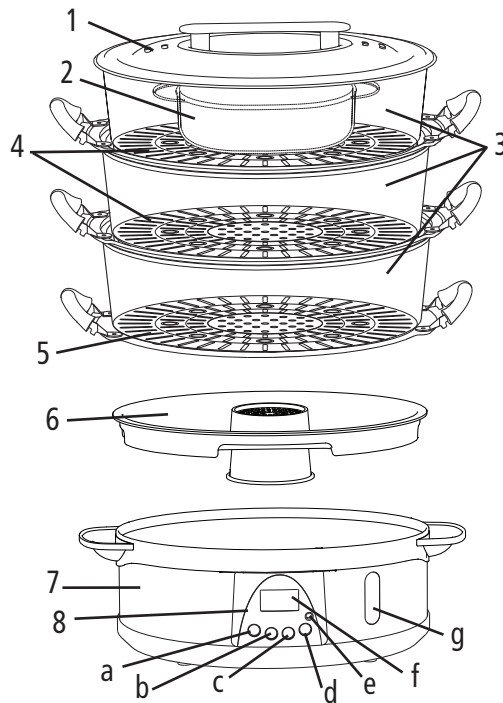
HOUSEHOLD USE ONLY

## GROUNDING PLUG

To reduce the risk of electric shock this appliance has a grounded plug (2 blades and 1 pin). If the plug does not fit fully into the electrical outlet contact a qualified electrician. Do not modify the plug in any way or use an adaptor.

## DESCRIPTION OF PARTS

1. Cover
2. Rice Bowl
3. Steaming Bowls
4. Stainless Steel Steaming Tray (top & middle)
5. Stainless Steel Steaming Tray (bottom - small)
6. Drip Tray
7. Base/Water Reservoir
8. Control Panel
  - a) On/Off Button
  - b) Program Button
  - c) Cooking Time
  - d) Timer
  - e) Power Indicator Light
  - f) Display Window
  - g) Water Level Window



NOTE: 1 Steaming Tray is smaller than the other 2 (which are identical in size). The smallest Steaming Tray should always be used on the Bottom level of the Food Steamer right above the Drip Tray.

The Steaming Bowls are all identical in size and have a capacity of 4litres/quarts per layer.

## BEFORE FIRST USE

Wash the Cover, Steaming Bowls, Rice Bowl, Steaming Trays, and Drip Tray in soapy water. Rinse and dry. Wipe the Base with a damp cloth. Never immerse the Base in water or any other liquid.

## HOW TO USE

### Steaming Bowls

The Steaming Bowls can be used in different ways:

#### Single level (one bowl):

- a. Use 1 each Steaming Bowl and Steaming Tray
- b. Place food on Steaming Tray
- c. Place Steaming Bowl over food
- d. Place Steaming Tray with Steaming Bowl on the Drip Tray
- e. Cover

#### Multiple level (2 or 3 bowls):

- a. Place food on Steaming Trays **NOTE:** The items that need the longest steaming time should be placed on the bottom level of the food steamer
- b. Place the Steaming Bowls over food
- c. Gently place one Steaming Tray with Steaming Bowl on the Drip tray and place the second Steaming Tray over the top of the first Steaming Bowl
- d. If you want to use the third level, repeat process above and place over the top of the second Steaming Bowl
- e. Cover

### How to Steam

1. Place Steamer on a level surface close to a 120 volt A.C. outlet.  
**NOTE: DO NOT** place under wall cabinets.
2. Fill the Water Reservoir with the maximum amount of cold water (See marking on Water Level Window). Any excess water can be emptied out at the end of the steaming cycle. If more than 60 minutes of steaming is required and water is not visible in the Water Level Window you can add water, without removing the Steaming Bowls, by pouring through the openings in the Handles on either side of the Drip Tray. **DO NOT** fill past the MAX mark on the Water Level Window. **NOTE:** The maximum amount of water is 1.2 litre/quart.  
**IMPORTANT: DO NOT** add salt, pepper, seasonings, etc. or liquids other than water to the Base.

3. Place the Drip Tray over the Base/Water Reservoir.
4. Place the Steaming Tray(s) and Steaming Bowl(s) on the Drip Tray.
5. Plug unit into wall outlet. "0:00" will be displayed in the Display Window and the Power Indicator light will be illuminated in green.
6. There are 5 cooking programs available. Please see the chart below. Choose the desired program by pressing the Program Button.

**NOTE:**

You can increase the cook time up to 60 minutes in each program by pressing the Cooking Time Button, but you cannot reduce the preset cooking time shown under the following programs Rice, Fish, Poultry and Vegetable.





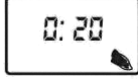
Cooking Program Egg, allows you to manually select the cooking time from 0 to 59 minutes. If you continue to push the Cooking Time Button past 59 minutes, the countdown will start again from 0 minutes.

7. Press the On/Off Button. The Power Indicator Light will change from green to red. The steamer will begin to heat and the pre-set time will appear in the Display Window and begin to countdown in minutes.
8. When cooking is completed the original cook time selected with will be displayed in the Display Window and Steamer will beep once indicating that the pre-programmed cooking time is complete. The Power Indicator Light will change to green again.

**CAUTION:** The food steamer gets hot during use. Always use oven mitts or pot holders when handling the Lid, Steaming Bowls, Steam Trays, Rice Bowl and Drip Tray.

**CAUTION:** When removing the Lid, grasp the handle and slowly lift the side that is away from you to allow steam to escape before setting the Lid aside. To avoid burns, always hold the Lid so that escaping steam flows away from your hands, arms and face.

9. At any time if you wish to stop the steaming process before the end of the elapsed time, press and hold the On/Off button. The unit will beep and the Power Indicator Light will change to green.

Nombre de touche du bouton de fonction	Type of Food	Preprogrammed Time (in minutes)
1	Egg	 Manual function from 0 to 59 minutes
2	Rice	
3	Fish	
4	Poultry	
5	Vegetables	

## Delay Start

Allows you to begin cooking food up to 12 hours later and can be used on all 5 programs.

**CAUTION:** Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 32°C/90°F.) When cooking these foods, do not set the Delay Start function for more than 1-2 hours.

1. Choose the desired program by pressing the Program button. Once the program has been chosen, adjust the cooking time by pressing the Cooking Time button (if needed) before moving on to step 2.
2. Press the Timer button. A clock symbol will appear and "0:00" will be displayed in the Display Window with the minutes flashing.
3. Press the Cooking Time button to enter the time delay in minutes.
4. Press the Timer button and the hour will now flash in the Display
5. Press the Cooking Time button to enter the time delay in hours.

6. Once the delay start has been set, press the On/Off Button.
7. The Power Indicator Light will flash in green and the time will begin to count down in minutes.
8. The Steamer will start to heat when the timer has reached the preset delay start time. The Power Indicator Light will change to red.
10. When cooking has completed the original cook time selected with will be displayed in the Display Window and Steamer will beep once indicating that the pre-programmed cooking time is complete. The Power Indicator Light will change to green again.
11. At any time if you wish to cancel the Delay Timer or stop the steaming process before the end of the elapsed time/steaming cycle, press and hold the On/Off button. The unit will beep and the Power Indicator Light will change to green.

### Insufficient Water

If the water in the Water Reservoir has completely evaporated, the unit will beep 11 times, the cooking process will automatically stop and the display will show the following:



Unplug the food steamer, and allow to cool for approximately 15 minutes before using again.

Add more water to the Water Reservoir and continue steaming.

### HELPFUL HINTS

1. Steam cooking times will vary depending on the size, freshness, amount of food being cooked and the desired degree of doneness. Use the Steaming Charts as a guide but experiment with this healthy method of cooking by varying the cooking times. This will help you to obtain the best results to suit your taste.
2. Smaller pieces of food cook faster than larger pieces; a single layer steams faster than several layers and foods of uniform size will steam more evenly.
3. Foods with longer steaming times should be placed on the lowest level of the food steamer. Once these foods are partially cooked, remove the Cover and add the other Steaming Bowls, if required.
4. Arrange food with spaces between pieces to allow for maximum steam flow.
5. When steaming large quantities of food, stir halfway through cooking.
6. Juices from meat or poultry should not drip onto other foods. Never place meat or poultry in the Middle or Top Steaming Bowls above other foods.
7. Do not steam frozen meat, poultry or seafood.

## STEAMING GUIDES

### Vegetables

1. Wash vegetables thoroughly. Cut off stems; trim; peel and slice if necessary.
2. The Steaming Chart below should be used only as a guide. Doneness will depend upon size of pieces, freshness, temperature of water, personal preference, etc.
3. If pieces are different sizes, place larger pieces on the bottom.

Vegetable	Weight lb. (kgs.)	Steaming Time (minutes)
Artichokes, whole	4	30 – 32
Asparagus, spears	1 lb. (450 g)	12 – 14
Beans, green or wax	1/2 lb. (225 g)	12 – 14
Beets, cut	1 lb. (450 g)	25 – 28
Broccoli, florets	1 lb. (450 g)	20 – 22
Brussel Sprouts, whole	1 lb. (450 g)	24 – 26
Cabbage, sliced	1 lb. (450 g)	16 – 18
Celery, sliced	1/2 lb. (225 g)	14 – 16
Carrots, sliced	1 lb. (450 g)	18 – 20
Cauliflower, florets	1 lb. (450 g)	20 – 22
Corn on the Cob	3-1/2 lbs (1.5 kgs.)	14 – 16
Eggplant, chunks	1 lb. (450 g)	16 – 18
Mushrooms, button	1 lb. (450 g)	10 – 12
Okra	1 lb. (450 g)	18 – 20
Onions, sliced	1/2 lb. (225 g)	12 – 14
Parsnips, sliced	1/2 lb. (225 g)	8 – 10
Peas, shelled	1 lb. (450 g)	12 – 13
Potatoes, small, whole	1 lb. (450 g)	30 – 32
Rutabaga, small dice	1 lb. (450 g)	28 – 30
Spinach	1/2 lb. (25 g)	12 – 14
Squash, Acorn/Butternut, sliced	1 lb. (450 g)	22 – 24
Turnips	1 lb. (450 g)	20 – 22
Frozen Vegetables	1 lb. (450 g)	18 – 20



## Fish and Seafood

1. Clean fish or seafood before steaming.
2. Fish fillets or steaks can be steamed in the Rice Bowl with seasoned butter, lemon or other favourite sauces.
3. Clams, oysters and mussels may open at different times. Check the shells to avoid overcooking.

Fish and Seafood	Weight lbs. (g/kgs.)	Steaming Time (minutes)
Fillets, frozen fresh	1/2 lb. (225 g) 1/2 lb. (225 g)	10 – 12 6 – 8
Fish steaks, cod, salmon, tuna	1 lb. (450 g)	12 – 14
Clams, in shell	1 lb. (450 g)	10 – 12
Crab, King Crab, legs and claws Soft Shell	1/2 lb. (225 g) 8 – 12 pcs.	20 – 22 20 – 22
Lobster, tails whole	2 – 4 1-1/4 lb (340 g)	16 – 18 18 – 20
Mussels, in shell	1 lb. (450 g)	14 – 16
Oysters, in shell	3 lbs. (1.3 kgs)	18 – 20
Scallops, Bay – shucked Sea – shucked	1 lb. (450 g) 3 lbs. (1.3 kgs)	14 – 16 18 – 20
Shrimp, medium in shell large in shell	1 lb. (450 g) 1 lb. (450 g)	10 – 12 18 – 20

## Rice

1. Fill the Base with the maximum amount of water.
2. Add rice, water, broth and spices to Rice Bowl. See the Rice Steaming Guide for quantities of rice and water or check package directions.
3. Place the Drip Tray over the Base/Water Reservoir.
4. Place the Steaming Tray on the Drip Tray, add Rice Bowl onto Steaming Tray. Place Steaming Bowl over Rice Bowl. Cover.
5. Plug into the wall outlet and follow steps 6 to 9 in the 'How to Steam' section

### NOTES:

1. There are many types of rice. Follow specific package directions for quantities of water and rice. Use the chart below as a guide.

2. For a softer rice increase the amount of water. For a firmer rice decrease water.
3. Check doneness and consistency of rice at the minimum time specified for each type, stirring at the same time. **NOTE:** Use oven mitts or pot holders when removing cover and stirring rice.
4. When checking doneness of rice, be sure that the condensation from the Cover does not fall into the Rice Bowl.

Variety of Rice	Combined in Rice Bowl		Steaming Time (minutes)
	Rice	Water	
Brown, regular parboiled	1/2 cup (125 ml)	1 cup (250 ml)	37 – 39
	1 cup (250 ml)	1/2 cups (375ml)	43 – 45
White, regular long grain	1 cup (250 ml)	1-1/2 cups (375ml)	45 – 50
	1 cup (250 ml)	1-2/3 cups (420ml)	50 – 55

## Meat and Poultry

1. Sausage must be completely cooked before steaming.
2. Trim off fat from meat and poultry.
3. Spray Steaming Trays with a vegetable cooking spray before steaming.
4. Thickest part of meat or poultry should be placed towards the sides of the Steaming Bowl.

Meat / Poultry	Weight lbs. (kgs.)	Steaming Time (minutes)
Beef, sirloin 1/2" (12 mm) slices hamburger meatballs	1/2 lb. (225 g)	10 – 12
	1 lb. (450 g)	16 – 18
	1 lb. (450 g)	22 – 24
Chicken, 4 breasts – boneless drumsticks	1 lb. (450 g)	12 – 15
	1 lb. (450 g)	24 – 26
Lamb, cubes	1 lb. (450 g)	26 – 28
Pork, chops 1/2" (12 mm) thick cubes	1 lb. (450 g)	12 – 14
	1 lb. (450 g)	24 – 26
Sausages, precooked frankfurters	1 lb. (450 g)	14 – 18
	1 lb. (450 g)	14 – 18

## Eggs

	Number of Eggs	Steaming Time (minutes)
In the shell (directions below) soft cooked hard cooked	1 – 12 1 – 12	10 – 12 15 – 17
In a Cup (directions below) soft cooked hard cooked	1 – 4 1 – 4	9 – 11 12 – 14
Scrambled (directions below)	6	20 – 22

### Directions for:

1. Eggs in the shell:
  - Place eggs in the Steaming Bowls.
  - Follow directions in the How to Steam section.
2. Eggs in a cup:
  - Crack raw egg into a custard cup which has been sprayed with a non-stick vegetable spray.
  - Season with salt, pepper, butter or margarine, if desired.
  - Place cups in Steamer Bowl.
  - Follow directions in the How to Steam section.
3. Scrambled Eggs:
  - In Rice Bowl, beat 6 eggs together with 2 tablespoons (30 ml) milk.
  - Season with salt and pepper, if desired.
  - Follow directions in the How to Steam section.
  - Stir eggs halfway through cooking. **NOTE:** Always use oven mitts or pot holders when opening the Steamer during operation.

## RECIPES

### Oriental Chicken and Vegetables

3/4 lb. (340 g)	boneless, skinless chicken breasts, cut into 1-inch (2.5 cm) pieces
1/3 cup (85 ml)	sweet-and-sour sauce
3	green onions, cut into 1-inch (2.5 cm) pieces
1	medium green pepper, cut into 1-inch (2.5 cm) pieces
4 oz. (112 g)	fresh Chinese pea pods
2 cups ( 500 ml)	bean sprouts
1/4 cup (60 ml)	sweet-and-sour sauce
2 tbsp. (30 ml)	sesame seeds, toasted*

Stir chicken and 1/3 cup (85 ml) sweet-and-sour sauce in a bowl until evenly mixed. Cover and refrigerate 30 minutes.

Drain chicken; arrange in single layer on Steaming Trays. Top with onions, pepper and pea pods. Cover and steam 14 minutes or until chicken is no longer pink in center.

In a serving bowl, toss chicken mixture, bean sprouts and 1/4 cup (60 ml) sweet-and-sour sauce, until evenly coated. Sprinkle with sesame seeds.

Makes 4 servings.

\*To toast sesame seeds, heat in ungreased skillet over medium heat about 2 minutes. Stir occasionally, until golden brown.

## Lemon Shrimp

1/4 cup (60 ml)	soy sauce
1/4 cup (60 ml)	lemon juice
2 tbsp. (30 ml)	sugar
2 tbsp. (30 ml)	dry white wine
1/4 tsp. (1.5 ml)	ground ginger
1-1/2 lbs. (675 g)	raw medium shrimps, peeled and deveined
1/2 cup (125 ml)	water
2 tsp. (10 ml)	cornstarch
2 tsp. (10 ml)	water

Mix soy sauce, lemon juice, sugar, wine and ginger in a bowl. Add shrimps. Cover bowl and refrigerate at least 30 minutes.

Drain shrimps, reserving 1/2 cup (125 ml) marinade. Arrange shrimps in single layer on Steaming Trays. Cover and steam 12 to 15 minutes or until shrimps are pink.

Mix reserved marinade and 1/2 cup (125 ml) water in 1-quart (1 litre) saucepan. Mix cornstarch in 2 tsp. (10 ml) water; stir into marinade mixture. Heat to boiling over medium heat, stirring constantly, and boil for 1 minute. Serve with shrimps and, if desired, hot cooked rice. Garnish with green onion tops if desired.

Makes 4 servings.

## Salmon Steaks With Dill

4	salmon steaks 4 – 5 oz. (110 – 140 g) each
1 tbsp. (15 ml)	fresh dill
	salt and pepper
	lemon wedges

Season salmon steak with salt and pepper. Sprinkle with dill. Place on Steaming Trays, cover. Steam for approximately 15 minutes. Serve with lemon wedge.

Makes 4 servings.

## Steamed Fish

1 – 10oz.	package frozen flounder fillets
4	medium size mushrooms, sliced
4	green onions cut in 1" (2.5 cm) pieces
1	stalk celery, sliced
1/2 tsp. (5 ml)	ground ginger
1 tbsp. (15 ml)	white wine
1 tsp. (5 ml)	soya sauce
1 tsp. (5 ml)	Worcestershire sauce
	dash hot pepper sauce

Place fillets in a heatproof plate that fits inside the Steamer Bowl/Tray. Sprinkle mushrooms, onions and celery over fish. Combine, ginger, wine, soy sauce, Worcestershire sauce and hot pepper sauce in a small bowl. Spoon over fish. Place plate inside Steamer Bowl/Tray, cover and steam for 20 minutes.

Makes 2 servings.

## Rice Pilaf

1/4	green pepper, diced
1/4	red pepper, diced
1/4	yellow pepper, diced
1 tsp. (5 ml)	vegetable oil
2	green onions, sliced
1	cup long grain rice
1-2/3 cups	chicken broth

Sauté peppers and onions in a skillet for 1-2 minutes. Combine rice, chicken broth and pepper and onion mixture in the rice bowl. Place on Steaming Tray, cover and steam for 50 – 55 minutes.

Makes 4 servings.

## CARE AND CLEANING

1. Unplug unit from outlet and allow unit to cool completely before cleaning. Make sure that the Drip Tray and Base are cool as these are the parts closest to the Heating Element.
2. Empty the Drip Tray and Base/Water Reservoir.
3. Wash the Cover, Steaming Bowls and Steaming Trays, Drip Tray and Rice Bowl in warm soapy water or on the top rack of the dishwasher or with a soft cloth and mild dishwashing liquid. Rinse with clear water.

**IMPORTANT: NEVER IMMERSE THE BASE/WATER RESERVOIR IN WATER OR ANY OTHER LIQUID. NEVER USE ABRASIVE CLEANSERS.**

## Descaling

If scale deposits build up on the heating element follow the directions below to descale.

1. Pour 3 cups (500 ml) of clear vinegar into the Base/Water Reservoir. Fill up to the maximum fill mark on the Water Level Window with water.  
**DO NOT** use Drip Tray, Steaming Bowls or Cover.
2. Plug in and set Timer for 30 minutes.
3. When Timer rings, unplug unit from outlet and allow to cool completely.
4. Empty the Base/Water Reservoir.
5. Rinse with cool water several times. Wipe with a damp cloth. Dry.  
**IMPORTANT: NEVER IMMERSE THE BASE IN WATER OR ANY OTHER LIQUID.**

A short supply cord is provided to reduce the hazards of becoming entangled in or tripping over a long cord. Extension cords may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance. If the appliance is of the grounded type, the extension cord should be of a grounded 3-wire cord. The extension cord should be arranged so that it will not drape over the counter top or table top, where it can be pulled on by children or tripped over.

## LIMITED WARRANTY

Toastess International warrants that this appliance shall be free from defects in material and workmanship for a period of one year from the date of purchase. During this 'in-warranty' period, defective products will be repaired or replaced at the discretion of the retailer and/or Toastess International. This warranty covers normal domestic usage and does not cover damage which occurs in shipment or failure which results from alteration, accident, misuse, abuse, glass breakage, neglect, commercial use or improper maintenance.

A defective product should be returned to the original place of purchase within the retailer's stipulated return/exchange period\*. If you are unable to have a defective product replaced under warranty by the retailer, please check our website at "www.toastess.com" for the service centre nearest you or you may contact us for assistance by mail, e-mail, fax or telephone as listed below.

To ensure prompt 'in-warranty' service, securely package and return the product to us prepaid. Be sure to include the original proof of purchase and a description of the defect along with your address and zip/postal code.

For repairs not covered by the warranty, please contact us for assistance.

# TOASTESS®

## TOASTESS INTERNATIONAL

Customer Service Department  
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E-mail: info@toastess.com  
Fax: 514-685-8300  
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\* Return/exchange policies at each retailer vary and may differ from the Toastess International 1 year limited warranty period.



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