

Steam HEAT™

RICHARD SIMMONS

Electronic Steamer

Includes
Recipes
from
Richard's
Kitchen!



Steam Away the Pounds™

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Hi!

A long time ago I had a dream to steam. Now that dream has come true with Steam Heat™. Never before has a steamer been designed to do so much.

With my three individually controlled steaming compartments you can steam anything from a snack or breakfast to a complete dinner and dessert.

Steaming your food has benefits like no other form of cooking. Meats and fish are moist and juicy, vegetables retain all their vitamins and nutrients and desserts are full of flavor.

Steaming has always been one of my secrets to losing weight and keeping it off. With a set of easy recipes for you to follow, steaming will become your kitchen's best friend.

Happy Steaming!

A handwritten signature in black ink that reads "Richard Simmons". The signature is stylized and cursive, with a long horizontal line extending from the end of the name.

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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.
3. To protect against electrical shock do not immerse cord, plugs, or 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.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
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 oil or other hot liquids.
12. To disconnect, turn any control to OFF, then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS
For Household Use Only

ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not reach into the water!
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
4. To reduce the risk of fire, do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
6. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
7. Do not use this appliance in an unstable position.
8. Do not use the Food Steamer if the Drip Tray or Steamer Base, or if any Steamer Bowl is cracked or damaged.
9. Make sure the Food Steamer is unplugged and the steaming water has cooled before cleaning.

10. Never plug the Food Steamer into the wall outlet until you snap the rings into position around the heating elements. Next, fill the Steamer Base with water and then place the Drip Tray inside the Steamer Base.
11. Avoid electric shock by unplugging the Steamer before washing.
12. To avoid steam burns, position the Lids' Steam Vents towards the back of the unit during cooking.

WARNING: Steam is hot and can cause burns. Keep hands and face away from Steam Vents in the Lids during cooking. Use protective oven mitts to remove Steamer Bowls from the Base and to lift the Lids. When removing the Lids after steaming, always tilt Lids away from your face to avoid burns caused from steam.

13. The Steamer Base and components are not for use in ovens (microwave, convection, or conventional) or on a stove-top.

CAUTION: While steaming, make sure the Food Steamer is placed in a secure area that will not be bumped, pushed or disturbed in any manner.

14. Before pressing the ON/OFF Button, make sure that the Steamer Bowls are securely sitting in the Drip Tray – and the Drip Tray is securely sitting in the Steamer Base. Make sure that the food is evenly distributed within each Steamer Bowl and each Lid is properly affixed before steaming.

Grounded 3-Conductor Plug

This appliance is equipped with a grounded-type 3-wire cord (3-prong plug).

This plug will only fit into an electrical outlet made for a 3-prong plug.

This is a safety feature. If the plug should fail to fit the outlet, contact an electrician to replace the obsolete outlet. Do not attempt to defeat this safety feature.

Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

Plasticizer Warning

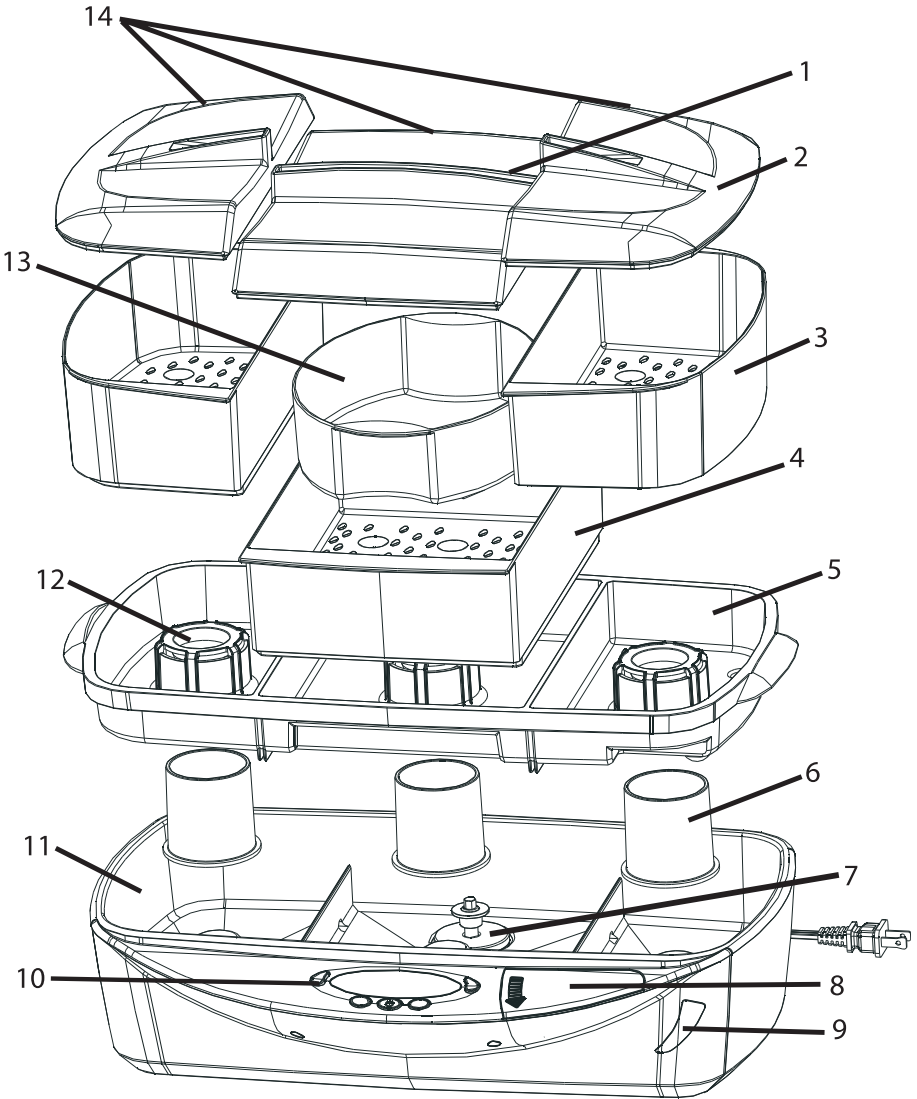
CAUTION: To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place NON-PLASTIC coasters or placemats between the appliance and the finish of the countertop or tabletop. Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

Electric Power

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Getting To Know Your Richard Simmons EST7 Electronic Steamer

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS



1. Lid for Center Steamer Bowl (P/N 22787)
2. Lid for Side Steamer Bowl x 2 (P/N 22788R and P/N 22788L)
3. Side Steamer Bowl x 2 (P/N 22789)
4. Center Steamer Bowl (P/N 22790)
5. Drip Tray (P/N 22791)
6. Steam Ring x 3 (P/N 22792)
7. Water Level Sensor – DO NOT REMOVE
8. WATER REFILL Opening
9. Water Window
10. Control Panel
11. Steamer Base with 3 Heating Elements
12. Flavor Tray
13. Cooking Bowl (P/N 22793)
14. Steam Vents (not shown)

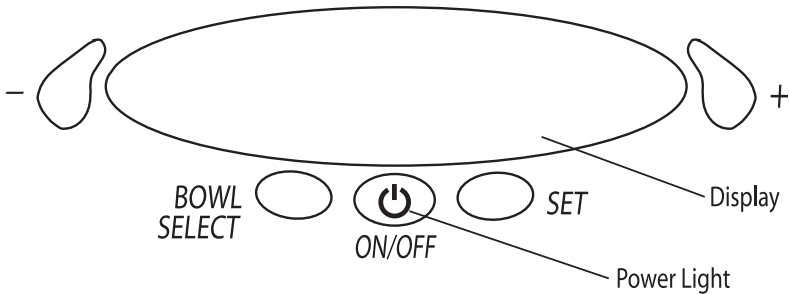


Figure 1: Control Panel

BEFORE FIRST USE

CAUTION: Do not immerse cord, plug, or Steamer Base with Heating Elements in water or other liquids.

IMPORTANT: Never place Lids, Cooking Bowl, Steamer Bowls or Drip Tray on a hot stove or in a microwave.

1. Unpack the Food Steamer and accessories, removing all packaging materials.
2. Wash Steamer Bowls, Lids, Cooking Bowl, Drip Tray and Steam Rings in mild dishwashing detergent. Rinse and dry thoroughly.

NOTE: Removable parts are dishwasher-safe (top rack only).

OPERATING INSTRUCTIONS

Setting Up

1. Make sure that the Steamer is unplugged. Place the Steamer Base on a flat sturdy surface with adequate clearance.
2. Place the Steam Rings around the Heating Elements so that the end with the small hole faces down.
3. Using a spouted vessel, fill the Steamer Base with water until it reaches the Maximum Fill Line located on the inside of the Steamer Base (approximately 10 cups).
4. Place the Drip Tray onto the Steamer Base, making sure that it is positioned correctly.
5. Fill the Steamer Bowls with desired food (refer to the HINTS & TIPS, STEAMING CHARTS and RECIPES sections of this Owner's Manual for meal suggestions and guidelines). When placing food into the Steamer Bowls, make certain not to block all of its steam holes; there must be adequate air circulation around the food to ensure even steaming. Food should be cut into uniform-sized pieces and distributed evenly within each Steamer Bowl. After filling, place the appropriate lid on each Steamer Bowl.

WARNING: Do not overfill Steamer Bowls as this will prevent proper steaming. Only fill the Steamer Bowls approximately half full with food.

NOTE: Make sure that all 3 Steamer Bowls are securely positioned on the Steamer Base, even if they are not being used for steaming; and that each Lid is securely positioned with the Steam Vents facing toward the back of the unit.

Using the Cooking Bowl:

Use the Cooking Bowl to prepare white, brown or wild rice or to steam other foods. Simply add the desired ingredients into the Cooking Bowl, place the Cooking Bowl inside the Large/Center Steamer Bowl, then cover with the Lid.

Refer to the *HINTS & TIPS*, *STEAMING CHARTS* and *RECIPES* sections of this Owner's Manual for more detailed instructions on cooking rice and other foods in the Cooking Bowl.

- To enhance flavor: Add $\frac{1}{4}$ teaspoon of fresh/dried herbs or spices plus 1 teaspoon of water into the Flavor Tray under each of the desired Steamer Bowls (each Steamer Bowl has its own Flavor Tray). See "Herbs, Spices and Seasonings" in the RECIPES section of this Owner's Manual for more flavor enhancing ingredients.
- Position the Steamer Bowls onto the Drip Tray so that the Steam Vents on each of the Lids are facing toward the back of the unit.

Steaming

CAUTION: Make sure that all 3 Steamer Bowls are securely positioned on the Steamer Base, even if they are not being used for steaming; and that each Lid is securely positioned with the Steam Vents facing toward the back of the unit.

CAUTION: Make sure the Steamer is placed in a secure area that will not be bumped or disturbed in any manner, or where steam could damage upper cabinets, curtains, etc.

- Plug the power cord into a 120V AC electrical outlet. The Food Steamer will enter into Standby Mode; the Display will show like in Figure 2.

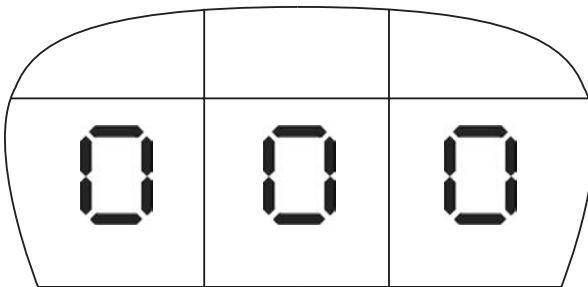


Figure 2

2. To set the cooking time, press the BOWL SELECT Button until the desired Steamer Bowl is flashing in the Display (Figure 3).

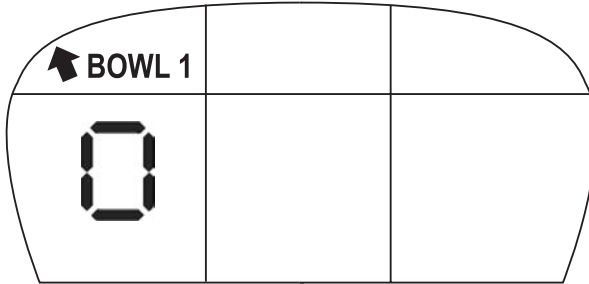


Figure 3

3. Enter the cooking time using the + and – Buttons, then press the BOWL SELECT Button to select the next Steamer Bowl. The BOWL will stop flashing in the Display to indicate that it is set.

NOTE: Each cooking time may be set for up to 99 minutes. Hold down the + or – Button to advance through the cooking times faster.

4. Repeat Steps 2 & 3 until each Steamer Bowl is set for the appropriate cooking time.

CAUTION: Make sure that all 3 Steamer Bowls are securely positioned on the Steamer Base, even if they are not being used for steaming; and that each Lid is securely positioned with the Steam Vents facing toward the back of the unit. Simply do not enter a cooking time for any Steamer Bowl that is not being used.

5. Once all of the cooking times have been entered, press the SET Button to confirm. All BOWL icons will stop flashing in the Display. The Steamer will not start cooking until the ON/OFF Button is pressed.

NOTE: To adjust any of the cooking times, press the BOWL SELECT Button until the desired Steamer Bowl is selected, and then use the + and – Buttons to revise the cooking time. Press the SET Button again to confirm.

6. Press the ON/OFF Button to begin cooking. The red Power Light will illuminate, indicating that the Food Steamer is in use; and the Steamer Bowl with the longest cooking time will start counting down in the Display. Each Steamer Bowl will start counting down at the appropriate time, so that all of the Steamer Bowls are finished cooking at the same time.

NOTE: If at any time during steaming the water level falls below the Minimum Water Fill Line marked next to the Water Window, the Display will flash and an audible beep will sound. The Heating Elements will stay ON and the Timer will continue to countdown. When the Display flashes and the audible beep sounds faster, the Heating Elements will turn off and the Timer will stop counting down.

To Refill the Steamer Base: Use a spouted vessel to pour water through the WATER REFILL Opening until the water level reaches the Maximum Fill Line on the Water Window. Once the Steamer Base has been refilled, the Steamer will stop beeping and will resume steaming for the remaining cooking time.

7. After cooking is complete, three audible beeps will sound and the Food Steamer will automatically enter into the Keep Warm Mode. The Display will show like in Figure 4.

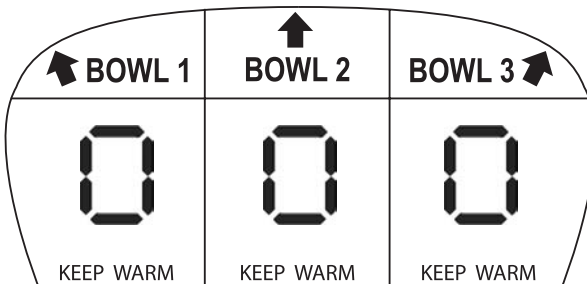


Figure 4

NOTE: The default “Keep Warm” time is set for 60 minutes, and will begin counting up from “0” in the Display. After 60 minutes, the Steamer will shut off automatically.

8. Use protective oven mitts to remove the Lids and check the food for desired doneness. Press the ON/OFF button to shut off the Steamer – the red Power Light will turn off. If the food needs more steaming, replace the Lids and repeat steps 2-6 to reset the cooking time.

Setting the Same Cooking Time for all 3 Steamer Bowls

When the Food Steamer is in Standby Mode (Figure 2), hold down the SET Button until all three “BOWL” icons are flashing in the Display. Press the + and – Buttons until the desired cooking time is reached, and then press the SET Button to confirm. The Steamer will not start cooking until the ON/OFF Button is pressed.

When in Standby Mode, the display will look like that in Figure1. To return to Standby Mode press the SET Button once; this will clear the Display and then hold down the SET Button until all three “BOWL” icons are flashing in the Display.

NOTE: To adjust any one of the cooking times, press the BOWL SELECT Button until the desired Steamer Bowl is selected, then use the + and – Buttons to revise the cooking time. Press the SET Button again to confirm.

WARNING: Steam is hot and can cause burns. Keep hands and face away from steam vents in the Lids. Use protective oven mitts to remove Steamer Bowls from the Base and to remove the Lids. When removing the Lids after steaming, always tilt lid away from your face to avoid burns caused from steam.

USER MAINTENANCE INSTRUCTIONS

Care and Cleaning

CAUTION: Unplug and allow Steamer and water to cool completely before emptying water from the Drip Tray and Steamer Base and before cleaning. Do not immerse cord, plug, or Steamer Base with Heating Elements in water or other liquids.

IMPORTANT: Always empty and clean the Steamer Base and Drip Tray after every use.

1. Make sure that the red Power Light is off and then unplug the Steamer from the wall outlet.
2. Allow the Lids, Steamer Bowls, Drip Tray, Steam Rings, Steamer Base and water to cool completely before cleaning.
3. Lift the Steamer Bowls and Drip Tray off of the Steamer Base. Remove the Steamer Bowls and tilt the Drip Tray over the sink to pour out any water that has collected.
4. Remove the Steam Rings out of the Steamer Base and then tilt the Steamer Base over the sink to pour out of the back right corner any remaining water.
5. Wash Steamer Bowls, Lids, Cooking Bowl, Drip Tray and Steam Rings in mild dishwashing detergent. Rinse and dry thoroughly.

NOTE: Removable parts are dishwasher-safe (top rack only).

6. Clean the Steamer Base with a soft, damp cloth and dry thoroughly.

Descaling

It is advised that you descale your Steamer after every 7 – 10 uses, or as needed to prevent mineral buildup on the Heating Elements and in the Steamer Base. Mineral buildup can cause longer steaming times and possibly affect the flavor of steamed foods.

CAUTION: Do not immerse cord, plug, or Steamer Base with Heating Elements in water or other liquids.

1. Make sure that the Steamer is unplugged and has cooled completely.
2. Remove all parts from the Steamer Base, including the Steam Rings.
3. Fill the Steamer Base with approximately 9 cups of warm water and 1 cup of white vinegar.

NOTE: The Heating Elements should be completely submerged in the solution.

4. Allow the solution to soak in the Steamer Base for 30 minutes. After this soaking period, scrub the Heating Elements with a nylon scrubber as needed.
5. Remove the Steam Rings out of the Steamer Base and then tilt the Steamer Base over the sink to pour the solution out of the back right corner.
6. Wipe the interior and exterior with a clean, damp cloth and dry thoroughly.
7. Refill the Steamer Base with fresh, cold water and pour out into the sink. Repeat several times until all traces of vinegar have been removed.

Storing

Unplug the Steamer from the wall outlet by grasping the plug. NEVER pull on the cord. Clean and dry all parts after each use. NEVER store the Steamer while it is hot, wet or still plugged in. Store the Steamer in its box or in a clean, dry place.

HINTS & TIPS

Rice & Grains

There are many types of rice. Follow specific directions for the variety used. See the Rice Steaming Chart in the STEAMING CHARTS section of this Owner's Manual for suggested cooking times and amounts.

- Add no more than 1 cup of rice to the Cooking Bowl, plus the appropriate amount of water and other ingredients suggested on the Rice Steaming Chart. The amount of water will be less than listed on the rice package because the steamer will retain moisture. Place the Cooking Bowl into the Large/Center Steamer Bowl; then put the Lid in place.
- For softer rice, increase the amount of water indicated in the Rice Steaming Chart by 1 to 2 tablespoons. For firmer rice, decrease the amount of water added to the Cooking Bowl by 1 to 2 tablespoons. The amount of water will also vary depending on the type of rice or grain.
- At the end of the suggested cooking time specified on the Rice Steaming Chart, use protective oven mitts to remove the Lid. Always tilt Lid away from your face when removing to avoid burns. Be careful not to allow condensed water to spill into the Cooking Bowl since this would reduce the quality and flavor of the steamed rice. Stir the rice in the Cooking Bowl and check it for doneness and consistency.
- If excess liquid remains in the rice Cooking Bowl after rice is done, then use a spoon or ladle to remove the excess water, a little at a time. Replace the Lid and continue to cook for an additional 5 minutes.
- Rice may be seasoned with salt, pepper, or butter before or after steaming.

Vegetables

See the Vegetable Steaming Chart in the STEAMING CHARTS section of this Owner's Manual for suggested cooking times and amounts.

- Clean vegetables thoroughly before steaming. Cut off stems and peel and chop into uniform pieces if necessary. Keep in mind that smaller pieces steam faster than larger ones.
- Quantity, quality, freshness and size/uniformity may all affect steaming times. Adjust steaming times as desired.
- Experiment with various vegetables and combinations, and adjust cooking times to your personal taste.

Seafood

See the Seafood Steaming Chart in the STEAMING CHARTS section of this Owner's Manual for suggested cooking times and amounts. (The steaming times listed in the chart are for fresh or fully thawed fish/shellfish.)

- Clean and prepare fresh seafood before steaming. Marinate fish before steaming to impart flavors.
- Use lettuce leaves under fish filet and fish steaks to catch some of the juice and to make removing the fish easier.
- Clams, oysters, and mussels may open at different times. Check the shells periodically to avoid over-cooking.
- Serve steamed seafood plain or add seasoned butter or margarine, lemon or your favorite sauces after steaming.
- Adjust steaming times to suit your personal taste.

Eggs

See the Egg Steaming Chart in the STEAMING CHARTS section of this Owner's Manual for suggested cooking times and amounts.

- **Steamed Eggs:** Let the eggs sit at room temperature for 30 minutes to avoid cracking while cooking. Place the eggs into the dimples, large ends up. Cook according to the Egg

Steaming Chart. Use a large spoon to remove the eggs. Place them in a heat-resistant colander and run cold water over the eggs for about 30 seconds to prevent them from further cooking.

- **Poached Eggs:** Place each raw egg into a separate heat resistant bowl or custard cup coated with butter or I Can't Believe It's Not Butter®. Season with salt and pepper, if desired. Place the custard cups into the Steamer Bowls and cover with the Lids. Cook according to the Egg Steaming Chart.
- **Scrambled Eggs:** In a small mixing bowl, beat 6 eggs together with 2 tablespoons of milk or water and seasonings. Coat the Cooking Bowl with butter or I Can't Believe It's Not Butter® and pour in the egg mixture. Steam for 20-25 minutes in the Large/Center Steamer Bowl. Stir eggs about halfway through cooking, when the eggs start to set around the edge. Steam until a knife inserted into the eggs comes out clean.

STEAMING CHARTS

IMPORTANT: The times listed in the Steaming Charts are to be used only as a guide. Allow for differences in individual taste and preference. The times may also vary due to the shape, cut, and composition of the food.

| Rice and Grain Steaming Chart* | | | |
|--|--|----------------------|------------------------|
| RICE/GRAIN | AMOUNT OF RAW RICE/GRAIN | AMOUNT OF COLD WATER | SUGGESTED COOKING TIME |
| White Rice, short, reg., long, or extra long | 1 cup | 1¼ cups | 35 - 45 minutes |
| Brown Rice, short, regular, or long | 1 cup | 1¼ cups | 50 - 60 minutes |
| Wild Rice Blend | 1 cup | 1¼ cups | 50 - 60 minutes |
| Rice Mix | 6 - 7 ounces <i>plus seasonings</i> | 1¼ cups | 45 - 55 minutes |
| Lentils | 1 cup <i>soaked overnight</i> | 2 cups | 55 - 65 minutes |
| Oatmeal, regular | 1 cup | 1½ cups | 15 - 25 minutes |

* Steam rice and grains using the Cooking Bowl.

Vegetable Steaming Chart

| VEGETABLE | SMALL/SIDE BOWL AMOUNT | LARGE/CENTER BOWL AMOUNT | SUGGESTED COOKING TIME |
|--|------------------------|--------------------------|------------------------|
| Artichokes, whole | 3 | 5 | 20 - 30 minutes |
| Asparagus Spears | 1 pound | 2 pounds | 7 - 12 minutes |
| Beans Green, cut | 1 pound | 2 pounds | 10 - 15 minutes |
| Beets, whole | 1½ pounds | 3 pounds | 55 - 65 minutes |
| Broccoli Flowerets | ½ pound | 1 pound | 10 - 15 minutes |
| Brussels Sprouts | ½ pound | 1 pound | 30 - 40 minutes |
| Cabbage, 1 inch pieces | ¼ head | ½ head | 10 - 15 minutes |
| 1/8 wedges | ¼ head | ½ head | 20 - 25 minutes |
| Celery, 1/8 inch slices | 4 celery ribs | 8 celery ribs | 10 - 15 minutes |
| 1/2 inch slices | 1 bunch | 2 bunches | 15 - 20 minutes |
| Carrots, 1/8 inch slices | 2 carrots | 4 carrots | 10 - 15 minutes |
| 2 inch pieces | 1 pound | 1½ pounds | 45 - 55 minutes |
| Cauliflower Flowerets | 1 pound | 2 pounds | 15 - 20 minutes |
| Cauliflower, Whole | 1 small | 1 medium | 35 - 45 minutes |
| Corn on the Cob | 3 small | 4 small | 30 - 40 minutes |
| Eggplant, 1 inch slices unpeeled | 2 slices | 3 slices | 15 - 20 minutes |
| Mushrooms, sliced | 8 ounces | 1 pound | 7 - 12 minutes |
| whole | 8 ounces | 1 pound | 10 - 15 minutes |
| New Potatoes, whole | 1 ½ pounds | 2½ pounds | 45 - 55 minutes |
| Onions, 1/2 inch slices/pieces | 1 onion | 2 onions | 5 - 10 minutes |
| Parsnips, small | 11 ounces | 1 pound | 35 - 45 minutes |
| Peppers, 1/2 inch pieces/slices | 1 pepper | 2 peppers | 5 - 10 minutes |
| 1 inch pieces/slices | 1 pepper | 2 peppers | 10 - 15 minutes |
| whole, cored | 3 peppers | 6 peppers | 10 - 15 minutes |
| Potatoes, 1 inch cubes | 1 pound | 1½ pounds | 25 - 35 minutes |
| Rutabaga, 1 1/2 - 2 inch pieces | 1 ½ pounds | 3 pounds | 50 - 60 minutes |
| Snow Peas | ½ pound | 1 pound | 10 - 15 minutes |
| Spinach | 6 ounces | 10 ounces | 10 - 15 minutes |
| Squash - Acorn, halved with skin side up | 1 small | 1½ pounds | 20 - 30 minutes |
| Squash - Butternut, halved with skin side up | 1 half | 2 halves | 40 - 50 minutes |
| Squash - Spaghetti, halved with skin side up | 1 half | 2 halves | 30 - 40 minutes |
| Squash - Yellow, 1 inch slices | 1 pound | 1½ pounds | 10 - 15 minutes |
| Squash - Zucchini, 1 inch slices | 1 pound | 1½ pounds | 10 - 15 minutes |
| Turnips, small whole | 1 pound | 2 pounds | 40 - 50 minutes |
| Yams / Sweet Potatoes, halved with skin side up | 2 halves | 3 halves | 35 - 45 minutes |

Seafood Steaming Chart

| SEAFOOD | SMALL/SIDE BOWL AMOUNT | LARGE/CENTER BOWL AMOUNT | SUGGESTED COOKING TIME |
|---|------------------------|--------------------------|------------------------|
| Clams , countneck | 1 pound | 2 pounds | 15 - 25 minutes |
| Crab - King | ½ pound | 1 pound | 15 - 20 minutes |
| Crab - Snow | ½ pound | 1 pound | 10 - 15 minutes |
| Lobster Tail - Tiger , 6 oz. | 2 | 4 | 15 - 20 minutes |
| Lobster Tail , 8 oz. | 1 | 2 | 25 - 35 minutes |
| Mussels | ½ pound | 1 pound | 15 - 20 minutes |
| Oysters, in shell | ½ pound | ¾ pound | 15 - 25 minutes |
| Scallops - Bay , fresh/shucked | ½ pound | 1 pound | 10 - 15 minutes |
| Scallops - Sea , whole, fresh/shucked | ½ pound | 1 pound | 12 - 17 minutes |
| Shrimp - Medium , split shell, deveined | ½ pound | ¾ pound | 5 - 8 minutes |
| Shrimp - Large , split shell, deveined | ½ pound | ¾ pound | 8 - 10 minutes |
| Fish - Filets , 1/2 inch thick | 1 pound | 1½ pounds | 10 - 15 minutes |
| Fish - Steaks , 1 inch thick | 1 pound | 1½ pounds | 15 - 20 minutes |

Pre-cooked Meat & Poultry Steaming Chart

| MEAT/POULTRY | SMALL/SIDE BOWL AMOUNT | LARGE/CENTER BOWL AMOUNT | SUGGESTED COOKING TIME |
|--|------------------------|--------------------------|------------------------|
| Chicken or Turkey Cutlets | To fit Bowl | To fit Bowl | 10 - 15 minutes |
| Chicken Breast Halves , boneless, skinless | To fit Bowl | To fit Bowl | 30 - 40 minutes |
| Pork Loin, Sirloin Chops , 1 inch thick | To fit Bowl | To fit Bowl | 15 - 20 minutes |
| Smoked Sausage , precooked, cut into 6 pieces | 14 ounces | 20 ounces | 15 - 20 minutes |
| Frankfurters | 1 package | 1 package | 10 - 15 minutes |

NOTE: The United States Department of Agriculture recommends that meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed. Ground turkey and chicken should be cooked to an internal temperature of 165° F and ground beef, veal, lamb and pork be cooked to an internal temperature of 160° F. Chicken and turkey should be cooked to an internal temperature of 170° F for white meat and 180° F for dark meat. Goose and duck should be cooked to an internal temperature of 180° F. Fresh beef, veal and lamb, etc. should be cooked to an internal temperature of at least 145° F. Fresh pork should be cooked to an internal temperature of at least 160° F. When re-heating meat and poultry products, they should also be cooked to an internal temperature of 165° F.

Egg Steaming Chart

| LARGE EGGS IN SHELL | SMALL/SIDE BOWL AMOUNT | LARGE/CENTER BOWL AMOUNT | SUGGESTED COOKING TIME |
|-----------------------------------|---------------------------|-----------------------------|---------------------------|
| Soft Boiled | 1 - 6 | 1 - 9 | 10 minutes |
| Medium Boiled | 1 - 6 | 1 - 9 | 15 minutes |
| Hard Boiled | 1 - 6 | 1 - 9 | 20 minutes |
| LARGE EGGS IN CUP | SMALL/SIDE BOWL AMOUNT | LARGE/CENTER BOWL AMOUNT | SUGGESTED COOKING TIME |
| Soft Poached | 1 - 2 | 1 - 3 | 8 minutes |
| Medium Poached | 1 - 2 | 1 - 3 | 10 minutes |
| Hard Poached | 1 - 2 | 1 - 3 | 13 minutes |
| SCRAMBLED EGGS IN COOKING BOWL | SMALL/SIDE BOWL AMOUNT | LARGE/CENTER BOWL AMOUNT | SUGGESTED COOKING TIME |
| Scrambled | - | 6 | 20 - 25 minutes |

Fruit Steaming Chart

| FRUIT | SMALL BOWL AMOUNT | LARGE BOWL AMOUNT | SUGGESTED COOKING TIME |
|---|----------------------|----------------------|---------------------------|
| Apples, Peaches, Pears , halved and cored, turn halfway through steaming time | To fit Bowl | To fit Bowl | 20 - 25 minutes |
| Apples, Peaches, Pears , sliced | To fit Bowl | To fit Bowl | 10 - 12 minutes |

Recipes from Richard's Kitchen

NOTE: When a choice of ingredients is listed, the first one is used to figure the nutritional analysis. The nutritional analysis is for 1 serving.

Breakfast:

Eggs Benedict

Serves 1

I Can't Believe It's Not Butter® pump spray
1 slice lean honey ham, sliced paper thin
1 egg
1 slice roasted red pepper
½ whole grain English muffin

Sauce:

½ teaspoon country mustard
1 teaspoon lemon juice
1 tablespoon fat-free mayonnaise

1. Spray a small heat resistant soufflé/custard/casserole dish with pump spray, add ham and top with egg.
2. Steam in Small or Large Steamer Bowl for 8 to 10 minutes until egg is just cooked through.
3. Meanwhile mix together sauce ingredients and toast English muffin.
4. Spread sauce on English muffin and slide egg and ham on top or serve on the side. Garnish with roasted bell pepper and serve.

Nutritional Information:

156 Calories, 10.8 gm Protein, 14 gm Carbohydrate, 5.9 gm Fat, 218 mg Cholesterol, 311 mg Sodium

Tip: Eggs Benedict is a classic dish. Our light delicious sauce gives you the flavor without all the fat and calories.

Turkey American Scrambler

Serves 1

I Can't Believe It's Not Butter® pump spray
1 slice deli roasted turkey (sliced thin)
1 egg (whisked) or ¼ cup Eggbeaters®
1 slice 2% American cheese
1 teaspoon chopped scallions or green onions

1. Spray a small heat resistant soufflé/custard/casserole dish with pump spray.
2. Place turkey on bottom of soufflé cup and top with egg.
3. Top with cheese, slicing to cover. Garnish with chopped scallions or green onions.
4. Steam in Small or Large Steamer Bowl for 8 to 10 minutes until the egg is cooked through and serve.

Nutritional Information:

112 Calories, 12.3 gm Protein, 1.1 gm Carbohydrate, 6.2 gm Fat, 222 mg Cholesterol, 373 mg Sodium

Tip: This filling is also great rolled into a wrap and served as an on-the-go sandwich.

Eggs with Peppers and Onions

Serves 1

I Can't Believe It's Not Butter® pump spray
2 tablespoons chopped red pepper
3 tablespoons chopped scallions or green onions
1 egg (whisked) or ¼ cup Eggbeaters®
1 slice low-fat Swiss cheese (sliced thin)
1 teaspoon hot sauce

1. Spray a small heat resistant oval soufflé/casserole dish with pump spray.
2. Place 2 tablespoons peppers and 2 tablespoons scallions or green onions in dish.
3. Top with egg and cheese.
4. Sprinkle with hot sauce and garnish with remaining 1 tablespoon chopped scallions or green onions.
5. Steam in Small or Large Steamer Bowl for 7 to 10 minutes until egg is set then serve.

Nutritional Information:

104 Calories, 10.6 gm Protein, 2 gm Carbohydrate, 5.7 gm Fat, 217 mg Cholesterol, 109 mg Sodium

Tip: Extra hot sauce can be used for those who like it spicy. Also a low-fat Muenster or low fat mozzarella works great in place of the Swiss cheese.

Eggs Espanola

Serves 1

1 Can't Believe It's Not Butter® pump spray
2 tablespoons salsa (drained)
dash hot sauce
1 egg (whisked) or ¼ cup Eggbeaters®
1 ounce shredded low-fat cheddar cheese

1. Spray a small heat resistant oval soufflé/casserole dish with pump spray.
2. Mix together salsa and hot sauce.
3. Place salsa and hot sauce on bottom of dish and top with egg and shredded cheddar cheese.
4. Steam in Small or Large Steamer Bowl for 6 to 8 minutes until set, and then serve.

Nutritional Information:

127 Calories, 13.4 gm Protein, 2.3 gm Carbohydrate, 7 gm Fat,
217 mg Cholesterol, 378 mg Sodium

Tip: Serve with warm tortillas. To drain salsa place in a small strainer for about 5 minutes and discard any liquid.

Cinnamon Spiced Apples and Blueberries with Yogurt

Serves 2

1 medium apple, peeled and sliced
1 cup blueberries
1 teaspoon lemon juice
2 teaspoons cinnamon
1 tablespoon brown sugar
2 cups non-fat plain yogurt
2 tablespoons wheat germ

1. Place sliced apple and blueberries in Small or Large Steamer Bowl and top with lemon juice.
2. Sprinkle cinnamon and brown sugar on fruit and steam for about 8 to 10 minutes until softened.
3. Serve fruit with yogurt and sprinkle with wheat germ.

Nutritional Information:

256 Calories, 16.7 gm Protein, 46 gm Carbohydrate, 1.3 gm Fat,
5 mg Cholesterol, 192 mg Sodium

Tip: Pears or peaches work well in place of the apples. Other berries can be used as well.

Lunch/Dinner:

Steamed Clams Scampi

Serves 2

- 12 littleneck clams
- 1 tablespoon minced garlic
- 1 tablespoon lemon juice
- ½ cup white wine
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ⅓ teaspoon pepper
- 1 tablespoon I Can't Believe It's Not Butter®, melted
- 1 chopped tomato
- 1 tablespoon bacon bits or imitation bacon bits (optional)
- 1 tablespoon chopped fresh parsley

1. Place all ingredients in the Cooking Bowl which fits in the Large Steamer Bowl.
2. Steam for about 18 to 20 minutes until clams open and serve.

Nutritional Information:

144 Calories, 12.6 gm Protein, 5.8 gm Carbohydrate, 7.5 gm Fat, 29 mg Cholesterol, 406 mg Sodium

Tip: Delicious served over whole grain pasta. Discard any clams that don't open.

Tilapia with Breadcrumbs and Garlic

Serves 2

- ½ pound tilapia filet
- 1 tablespoon minced garlic
- ¼ cup minced green onion
- ¼ teaspoon salt
- ½ tablespoon olive oil
- 2 tablespoons seasoned breadcrumbs
- 1 tablespoon Parmesan cheese
- 1 tablespoon lemon juice
- ½ teaspoon dried oregano
- garnish with lemon wedges and paprika

1. Place tilapia in Small or Large Steamer Bowl and top with garlic, minced onion, salt, olive oil, breadcrumbs, Parmesan cheese, lemon juice and dried oregano.
2. Steam for 8 to 12 minutes until cooked through and serve with lemon wedges and paprika.

Nutritional Information:

150 Calories, 16 gm Protein, 6 gm Carbohydrate, 6.8 gm Fat, 3 gm Cholesterol, 502 mg Sodium

Tip: Tilapia is a light easy to cook fish that has a mild flavor and appeals to most people. This is great served with brown rice and steamed vegetables.

Scallops in Wine Sauce with Prosciutto

Serves 2

- ½ pound sea scallops cut in half
- 1 tablespoon I Can't Believe It's Not Butter®, melted
- 1 tablespoon lemon juice
- ⅛ cup white wine
- 1 chopped scallion or green onion
- 1 thin slice of chopped prosciutto
- 1 tablespoon minced garlic
- ¼ teaspoon salt
- ½ teaspoon pepper

1. Place all ingredients in Cooking Bowl which fits in the Large Steamer Bowl.
2. Steam for about 14 to 16 minutes until scallops are cooked through.

Nutritional Information:

161 Calories, 15 gm Protein, 2.5 gm Carbohydrate, 8.6 gm Fat, 30 mg Cholesterol, 774 mg Sodium

Tip: Baby scallops can be used instead of sea scallops and make a great appetizer. Try with a slice of whole grain toast for dipping and a nice green salad.

Flounder Florentine

Serves 2

- ½ 10 ounce bag of baby spinach
- ½ pound flounder filets
- 2 tablespoons light or fat-free mayonnaise
- 1 teaspoon brown mustard
- 2 chopped scallions or green onions
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- dash of pepper
- 1 tablespoon lemon juice
- 2 tablespoons minced fresh parsley

1. Put baby spinach in Small or Large Steamer Bowl.
2. Put flounder on top of spinach.
3. Mix together all remaining ingredients except parsley and pour over flounder.
4. Garnish with minced parsley and steam for about 8 to 10 minutes until done.

Nutritional Information:

175 Calories, 18.9 gm Protein, 2.7 gm Carbohydrate, 10 gm Fat, 49 mg Cholesterol, 867 mg Sodium

Tip: Any fish can be substituted in this recipe, just use boneless fish filets and cook until fish is done in center; when no longer pink.

Sausage and Peppers

Serves 2

- 1 onion sliced thin
- 1 red pepper cut into 2 inch pieces
- ½ pound uncooked sweet turkey sausage formed into 2 inch patties
- 12 whole garlic cloves peeled
- ¼ teaspoon salt
- ½ teaspoon pepper

1. Place onions and peppers in the Small or Large Steamer Bowl.
2. Top with sausage, garlic cloves, salt and pepper.
3. Steam for 10 to 15 minutes until sausage is cooked and onions and peppers are soft.

Nutritional Information:

193 Calories, 15.7 gm Protein, 12.9 gm Carbohydrate, 9.8 gm Fat, 66 mg Cholesterol, 241 mg Sodium

Tip: If you like your sausage brown, start onions and peppers in steamer with garlic and brown sausage for about 5 minutes under a broiler then put into steamer with onion and peppers and continue cooking until sausage is cooked through and no longer pink in the center.

BBQ Pork with Peaches

Serves 2

- ½ pound lean boneless pork sirloin or tenderloin medallions, ½ inch thick
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 tablespoons barbeque sauce
- 8¼ ounces canned lite peaches in their own juice (drained)
- 1 tablespoon chopped scallion or green onions

1. Trim off all fat from pork.
2. Place pork loin in Small or Large Steamer Bowl, sprinkle with onion and garlic powder.
3. Top with barbeque sauce leaving a little border around pork.
4. Top with drained peaches and put some peaches around pork.
5. Garnish pork with scallions or green onions.
6. Steam for about 12 to 15 minutes until pork is cooked through and no longer pink in the center.

Nutritional Information:

165 Calories, 19.8 gm Protein, 13.9 gm Carbohydrate, 3.3 gm Fat, 59 mg Cholesterol, 227 mg Sodium

Tip: There are many different flavors of barbeque sauce. Hickory and brown sugar works well in this recipe.

Chicken with Mango Salsa over Mixed Greens

Serves 2

6 ounces thin chicken cutlets steamed and chilled
4 cups of mixed greens
½ mango chopped
¼ cup chopped red onion
½ cup finely chopped fresh cilantro
1 cup chopped tomatoes
½ cup corn nibbles
juice of one lime
¼ teaspoon salt
dash of pepper
½ chopped jalapeno

1. Slice cooked chicken cutlets and place over mixed greens.
2. Mix together chopped mango, red onion, cilantro, chopped tomatoes, corn, lime juice, salt, pepper and jalapeno.
3. Pour mango salsa over salad.
4. Serve with your favorite fat-free dressing.

Nutritional Information:

235 Calories, 29.5 gm Protein, 22.1 gm Carbohydrate, 3.9 gm Fat, 72 mg Cholesterol, 468 mg Sodium

Tip: Steamed chicken is a great staple to have in your refrigerator to use in salads, sandwiches and soups. Jazz up with sauces and salsas to fit what you are in the mood for.

Turkey with Bruschetta over Mixed Greens

Serves 2

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| 6 ounces thin turkey cutlets steamed and chilled | ½ cup of minced red onion |
| 4 cups of mixed greens | ¼ cup minced fresh oregano |
| 1 peeled sliced cucumber | 1 tablespoon olive oil |
| 2 cups of chopped tomatoes | 2 tablespoons lemon juice |
| 2 tablespoons minced garlic | ¼ teaspoon salt |
| 1 tablespoon capers | ½ teaspoon pepper |

1. Slice cooked turkey cutlets and place over mixed greens.
2. Layer cucumber in salad.
3. Mix together tomatoes, garlic, capers, minced red onion, oregano, olive oil, lemon juice, salt and pepper.
4. Pour tomato salsa over turkey and serve.

Nutritional Information:

222 Calories, 23 gm Protein, 16.4 gm Carbohydrate, 8.3 gm Fat, 35 mg Cholesterol, 530 mg Sodium

Tip: This salad goes great with a cup of soup or a toasted whole grain roll. Use bruschetta mixture as a topping for other steamed poultry, fish and meats.

Dirty Water Hot Dogs with Sauerkraut

Serves 4

16 ounces sauerkraut
4 lite or fat-free hot dogs (about 90 calories each)

1. Place sauerkraut in Small or Large Steamer Bowl.
2. Place hot dogs over sauerkraut and steam for about 10 minutes and serve.

Nutritional Information:

119 Calories, 6 gm Protein, 6.8 gm Carbohydrate, 7 gm Fat, 20 mg Cholesterol, 1341 mg Sodium

Tip: Like great NYC or Coney Island hot dogs? Steaming is the way to bring you back to the ball park.

Salmon with Dill Sauce over Bok Choy

Serves 2

1 cup of bok choy cleaned and chopped
½ pound salmon filet
2 teaspoons brown mustard
1 tablespoon lemon juice
½ cup plain non-fat yogurt
2 teaspoons chopped fresh dill
1 tablespoon minced garlic
garnish with 1 tablespoon fresh dill

1. Run hand across salmon and feel for any hidden bones. If bones are found remove with pliers.
2. Mix together, mustard, lemon, yogurt, chopped dill and garlic.
3. Place bok choy in Small or Large Steamer Bowl and top with salmon, skin side down. Pour sauce over top of salmon leaving a small border of about ½ inch around edge of salmon. Top with dill garnish and serve extra sauce on the side.
4. Steam for 10 to 14 minutes until salmon is just cooked through and middle is no longer pink.

Nutritional Information:

225 Calories, 24 gm Protein, 6.5 gm Carbohydrate, 11.1 gm Fat, 55 mg Cholesterol, 406 mg Sodium

Tip: Salmon is a delicious way to get your Omega 3 fatty acids, beneficial for a healthy heart. Serve with steamed vegetables and new potatoes.

Shrimp Oreganata

Serves 2

½ pound large uncooked shrimp
shelled and deveined
½ cup shredded cabbage
2 tablespoons minced garlic
1 tablespoon olive oil
1 tablespoon lemon juice
2 teaspoons dried oregano
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons seasoned
breadcrumbs
2 tablespoons minced
scallions or green onions

1. Place cabbage on bottom of Small or Large Steamer Bowl.
2. Mix together, garlic, olive oil, lemon juice, oregano, salt and pepper and press mixture into shrimp.
3. Place shrimp over cabbage, sprinkle with breadcrumbs and minced scallions or green onions.
4. Steam for about 8 to 10 minutes until shrimp are just cooked and light pink.

Nutritional Information:

183 Calories, 18.6 gm Protein, 6.9 gm Carbohydrate, 8.7 gm Fat,
129 mg Cholesterol, 552 mg Sodium

Tip: To clean shrimp, peel off shell and run a paring knife down the back to remove black vein. Serve with brown rice and steamed veggies.

Chicken Cordon Bleu

Serves 2

½ pound thin chicken cutlets (skinless, boneless)
1 tablespoon minced garlic
¼ teaspoon salt
dash pepper
2 slices lean honey ham sliced thin
2 slices low-fat Swiss cheese sliced thin
2 tablespoons chopped fresh parsley

1. Spread garlic over chicken and season with salt and pepper.
2. Evenly place ham and cheese in chicken and roll, fasten shut with toothpicks.
3. Place chicken in Small or Large Steamer Bowl and garnish with chopped parsley.
4. Steam for about 12 to 18 minutes until chicken is cooked through; make sure to remove toothpicks before serving.

Nutritional Information:

181 Calories, 33 gm Protein, 1 gm Carbohydrate, 4.1 gm Fat,
84 mg Cholesterol, 459 mg Sodium

Tip: Cordon Bleu can also be made open where Swiss and ham is layered over top; cooks faster about 8 to 10 minutes.

Spicy Chicken with Apples

Serves 2

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| ½ pound thin sliced chicken breast (skinless, boneless) | ¼ teaspoon chili powder |
| ¼ teaspoon salt | ¼ teaspoon cinnamon |
| 1 teaspoon garlic powder | 1 teaspoon olive oil |
| 1 teaspoon onion powder | 2 tablespoons hot sauce |
| ¼ teaspoon pepper | 2 tablespoons sugar |
| | 1 red apple sliced thick |

1. Mix together, salt, garlic powder, onion powder, pepper, chili powder, cinnamon, olive oil, hot sauce and sugar.
2. Place chicken in Small or Large Steamer Bowl and coat with sauce, garnish with sliced apples.
3. Steams 10 to 12 minutes until chicken is cooked through and serve.

Nutritional Information:

284 Calories, 26.7 gm Protein, 22 gm Carbohydrate, 10 gm Fat, 73 mg Cholesterol, 601 mg Sodium

Tip: Serve with sweet potato and steamed vegetables. Spicy coating works great with turkey too.

Honey Mustard Pork with Cranberries and Sweet Potatoes

Serves 2

1 peeled sweet potato sliced thin
½ pound boneless pork loin or sirloin chop, 1 inch thick
2 tablespoons honey mustard
1 chopped scallion or green onion
1 tablespoon dried cranberries

1. Cut off any extra fat from pork loin.
2. Place sweet potatoes in Small or Large Steamer Bowl.
3. Top with pork loin.
4. Spread honey mustard on top of pork and top with scallions or green onion and cranberries.
5. Steam for about 15 to 20 minutes until pork and sweet potatoes are cooked through.

Nutritional Information:

247 Calories, 18.7 gm Protein, 20.2 gm Carbohydrate, 8.9 gm Fat, 57 mg Cholesterol, 503 mg Sodium

Tip: You can use other dried fruit such as dried cherries or raisins in place of cranberries. Serve with steamed green beans or broccoli.

Salmon and Ginger with Leeks

Serves 2

2 tablespoons white wine
½ pound salmon filet
4 leek leaves
2 teaspoons minced fresh garlic
1 teaspoon minced fresh ginger
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons minced scallions or green onions

1. Pour wine in Flavor Tray.
2. Clean leeks, slice and place in the Small or Large Steamer Bowl.
3. Make sure salmon is clean and all bones are removed and place skin side down on top of leeks.
4. Mix together spices and place on top of salmon.
5. Garnish with minced scallions or green onions.
6. Steam for 12 to 14 minutes until salmon is just cooked.

Nutritional Information:

214 Calories, 19.5 gm Protein, 6.8 gm Carbohydrate, 10.6 gm Fat, 54 mg Cholesterol, 352 mg Sodium

Tip: Leeks have a great flavor but make sure they are clean before using. It is easiest to cut off the root end and then to soak in water to remove most of the dirt, then separate and rinse. Serve with steamed brown rice or corn.

Dessert:

Creamy Cheesecake

Serves 4

¼ cup graham cracker crumbs
1 cup fat-free ricotta
8 ounces lite cream cheese
1 teaspoon vanilla extract
½ cup Splenda® blend for baking
⅛ teaspoon salt

¾ cup Eggbeaters®
2 tablespoons lemon juice
1 tablespoon cornstarch
1 tablespoon graham cracker crumbs

1. Sprinkle ¼ cup graham cracker crumbs on bottom of the Cooking Bowl which fits into the Large Steamer Bowl.
2. Blend all ingredients together except remaining graham cracker crumbs and pour into Cooking Bowl.
3. Sprinkle top of cheese mixture with remaining graham cracker crumbs. Steam for about 35 to 45 minutes until set.
4. When cheesecake puffs up and knife comes out clean when tested, it is done.
5. Refrigerate until cold then serve.

Nutritional Information:

192 Calories, 11.7 gm Protein, 18.7 gm Carbohydrate, 7.6 gm Fat, 31 mg Cholesterol, 366 mg Sodium

Tip: You can make individual cheesecakes by using mini soufflé cups.

Pumpkin Custard

Serves 6

15 ounces canned pumpkin
6 ounces evaporated 2% milk
3 eggs or ¾ cup Eggbeaters®
¾ cup Splenda® brown sugar blend for baking
1½ teaspoons cinnamon

½ teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon cloves
garnish with 2 tablespoons Splenda® brown sugar and ¼ teaspoon cinnamon

1. Blend together all ingredients except the garnish, and place in the Cooking Bowl which fits in the Large Steamer Bowl.
2. Steam for about 35 to 45 minutes until set and knife comes out clean when tested.
3. Spoon off any condensation that has accumulated on the top and sprinkle with Splenda® brown sugar and cinnamon garnish.
4. Refrigerate until ready to use.

Nutritional information:

117 Calories, 6 gm Protein, 18 gm Carbohydrate, 2.7 gm Fat, 107 mg Cholesterol, 75 mg Sodium

Tip: Creamy and light, a delicious substitute for a no crust pumpkin pie. Great with fat-free whip cream.

Baked Stuffed Apple with Pecans

Serves 2

2 small apples cored $\frac{3}{4}$ through
2 tablespoons chopped pecans
2 teaspoons cinnamon powder
2 tablespoons brown sugar
2 tablespoons raisins
1 teaspoon lemon juice
2 teaspoons I Can't Believe It's Not Butter®, melted
garnish with additional cinnamon powder

1. Core apples $\frac{3}{4}$ through.
2. Mix together all other ingredients and stuff into apples.
3. Cover tops of apples with aluminum foil and place in Small or Large Steamer Bowl.
4. Steam for about 20 to 25 minutes until apples are softened.
5. Dust with cinnamon and serve.

Nutritional Information:

192 Calories, 1 gm Protein, 35.5 gm Carbohydrate, 6.7 gm Fat,
10 mg Cholesterol, 7 mg Sodium

Tip: A delicious light dessert that is refreshing and easy to make.

Spiced Peaches over Vanilla Ice Cream

Serves 2

1 tablespoon dark rum
1 medium sliced peach
1 teaspoon cinnamon
1 tablespoon Splenda® brown sugar blend for baking
1 cup fat-free vanilla ice cream

1. Put rum in Flavor Tray.
2. Place sliced peaches in Small or Large Steamer Bowl and top with cinnamon and brown sugar blend.
3. Steam for about 10 minutes until softened.
4. Serve over fat-free vanilla ice cream.

Nutritional Information:

131 Calories, 2.7 gm Protein, 26 gm Carbohydrate, 1.6 gm Fat,
5.4 mg Cholesterol, 50 mg Sodium

Tip: Any fruit can be substituted for the peaches. For a real infusion of flavors put peaches with all ingredients including rum in a zip lock in refrigerator overnight and then steam.

Poached Pears

Serves 4

2 pears, peeled, cored and
cut in half lengthwise
1/3 cup white wine
1/3 cup port
1/4 cup Splenda® brown sugar
blend for baking
2 cinnamon sticks
2 peppercorns
1/2 teaspoon vanilla extract
2 tablespoons lemon juice

1. Mix all ingredients together and place in the Cooking Bowl which fits in the Large Steamer Bowl.
2. Steam for about 20 to 30 minutes until pears are softened. Turn pears 1/2 way through cooking time.
3. Refrigerate overnight before using.

Nutritional Information:

107 Calories, .4 gm Protein, 20 gm Carbohydrate, 1 gm Fat,
0 mg Cholesterol, 4 mg Sodium

Tip: Poached pears are great with low-fat ice cream, fat-free whip cream or in a salad.

Cauliflower Mash

Serves 6

1 medium head cauliflower, cut into flowerets

Sauce

¼ cup fat-free ranch salad dressing

Garnish with 2 thinly sliced green onions

1. Place the cauliflower into the Large Steamer Bowl. Set the Timer for 20 minutes.
 2. Remove the cauliflower and place into a heat resistant bowl. Add the ranch dressing and mash with a hand mixer until light and fluffy. Garnish with onions.
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Rice with Mushrooms

Serves 4

1 cup wild rice blend

10½ ounces canned fat-free chicken broth

4 ounces sliced mushrooms

½ cup chopped onion

2 tablespoons I Can't Believe It's Not Butter®, melted

1. Combine all ingredients in the Cooking Bowl that fits into the Large Steamer Bowl and set the Timer for 50 minutes.
 2. Check rice for doneness. Continue cooking if necessary.
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Lunch/Dinner

Steamed Vegetables with Curry Brown Rice and Tofu Serves 4

1 cup brown rice

½ pound firm tofu, drained,
1 inch cubes

1 teaspoon curry powder

1¼ cups vegetable broth

1 sliced red pepper, ½ inch thick

½ sliced green pepper, ½ inch thick

½ sliced onion, ½ inch thick

1 cup sliced celery, ½ inch thick

2 cups shredded carrots

1. Stir the rice, tofu, curry powder and vegetable broth together in the Cooking Bowl which fits the Large Steamer Bowl. Set the Timer for 60 minutes. Stir the ingredients midway through cooking.
2. Mix the red and green peppers and onion together and place in one of the Small Steamer Bowls. Set the Timer for 7 minutes.
3. Mix the celery and carrots together and place into the other Small Steamer Bowl. Set the Timer for 10 minutes.
4. Check the food for doneness and continue cooking if necessary. Stir together and serve.

Cauliflower Mash

Serves 6

1 medium head cauliflower, cut into flowerets

Sauce

¼ cup fat-free ranch salad dressing

Garnish with 2 thinly sliced green onions

1. Place the cauliflower into the Large Steamer Bowl. Set the Timer for 20 minutes.
 2. Remove the cauliflower and place into a heat resistant bowl. Add the ranch dressing and mash with a hand mixer until light and fluffy. Garnish with onions.
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Rice with Mushrooms

Serves 4

1 cup wild rice blend

10½ ounces canned fat-free chicken broth

4 ounces sliced mushrooms

½ cup chopped onion

2 tablespoons I Can't Believe It's Not Butter®, melted

1. Combine all ingredients in the Cooking Bowl that fits into the Large Steamer Bowl and set the Timer for 50 minutes.
 2. Check rice for doneness. Continue cooking if necessary.
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Lunch/Dinner

Steamed Vegetables with Curry Brown Rice and Tofu Serves 4

1 cup brown rice

½ pound firm tofu, drained,
1 inch cubes

1 teaspoon curry powder

1¼ cups vegetable broth

1 sliced red pepper, ½ inch thick

½ sliced green pepper, ½ inch thick

½ sliced onion, ½ inch thick

1 cup sliced celery, ½ inch thick

2 cups shredded carrots

1. Stir the rice, tofu, curry powder and vegetable broth together in the Cooking Bowl which fits the Large Steamer Bowl. Set the Timer for 60 minutes. Stir the ingredients midway through cooking.
2. Mix the red and green peppers and onion together and place in one of the Small Steamer Bowls. Set the Timer for 7 minutes.
3. Mix the celery and carrots together and place into the other Small Steamer Bowl. Set the Timer for 10 minutes.
4. Check the food for doneness and continue cooking if necessary. Stir together and serve.

Stuffed Peppers and Brussels Sprouts

Serves 3

3 medium red peppers
6.4 ounces boxed Spanish or Mexican Rice Mix
½ pound Brussels sprouts

1. Cut the tops off the peppers and clean out the membrane. Place into one of the Small Steamer Bowls and set the Timer for 15 minutes.
 2. Mix the rice, seasoning packet, and 1-2/3 cup water in the Cooking Bowl that fits into the Large Steamer Bowl. Set the Timer for 45 minutes.
 3. Place the Brussels sprouts into the other Small Steamer Bowl and set the Timer for 30 minutes.
 4. Check the food for doneness and continue cooking if necessary. Stuff the peppers with rice and serve.
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Asian Glazed Salmon with Snow Peas and Asparagus **Serves 4**

1 pound salmon filets, skin removed 1 pound asparagus spears
¾ teaspoon grated ginger 1 pound snow peas
2 large lettuce leaves

Marinade

2 tablespoons sesame oil 2 tablespoons minced green onions
2 tablespoons low-sodium soy sauce 1½ teaspoons grated ginger
1 tablespoon Splenda® 1 clove garlic, minced
brown sugar

1. Combine the marinade ingredients; sesame oil, soy sauce, brown sugar, green onion, ¾ teaspoon of the ginger, and garlic together in a locking plastic bag. Place the salmon into the marinade and refrigerate at least 30 minutes, but not for more than 1 hour.
2. Place ¼ teaspoon of ginger and 1 teaspoon of water into each Flavor Tray.
3. Place the lettuce leaves in the Large Steamer Bowl and lay the salmon filets on top. Set the Timer for 10 minutes.
4. Add the asparagus to one of the Small Steamer Bowls and set the Timer for 7 minutes.
5. Place the snow peas into the other Small Steamer Bowl and set the Timer for 10 minutes.
6. Check all food for doneness, continue cooking if necessary.

Shrimp with Tomato Sauce

Serves 4

1 pound medium shrimp, deveined
¾ teaspoon dried basil
8 ounces mushrooms, halved or quartered if large
½ yellow onion, 1 inch cubes
1 red bell pepper, 1 inch cubes
1 green bell pepper, 1 inch cubes

Sauce

6 tablespoons I Can't Believe It's Not Butter®
1 tablespoon minced garlic
32 ounces canned crushed tomatoes
1½ tablespoons lemon juice
¼ teaspoon red pepper
½ teaspoon dried basil
¼ teaspoon marjoram
½ teaspoon ground black pepper

1 pound whole wheat blend spaghetti, cooked
low-fat Parmesan cheese

1. To prepare the sauce, melt butter in a 3 quart saucepan over medium heat. Add garlic and cook for 1 minute. Add remaining sauce ingredients, stir and simmer for 20 minutes.
2. Place ¼ teaspoon of basil and 1 teaspoon of water into each Flavor Tray.
3. Add the shrimp to the Large Steamer Bowl and set the Timer for 5 minutes.
4. Place the mushrooms and onions into one of the Small Steamer Bowls and set the Timer for 10 minutes.
5. Combine the red and green peppers in the other Small Steamer Bowl and set the Timer for 10 minutes.
6. When finished cooking, check the food for doneness, and continue cooking if necessary.
7. Cook pasta according to directions.
8. When vegetables and shrimp are done, stir into the sauce and serve over pasta and top with Parmesan cheese.
9. Check food for doneness. Continue cooking if necessary.

Sweet and Sour Chicken Breast Dinner

Serves 2

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| 2 chicken breast halves, boneless and skinless | ½ sliced green pepper, ½ inch thick |
| seasoning salt | 4 ounces sliced mushrooms |
| 1 cup brown rice | ½ cup fresh bean sprouts |
| ¼ teaspoon salt | 1 small can water chestnuts, drained |
| 1¼ cups water | 1 cup candied dried pineapple |
| ½ sliced onion, ½ inch thick | 3 tablespoons sesame seeds |

Sauce

1 cup chili sauce
½ cup sugar-free grape jelly
garnish with 1 tablespoon of sesame seeds

1. Season chicken breasts with seasoning salt and place into one of the Small Steamer Bowls. Set the Timer for 30 minutes.
2. Place the rice, salt, and water into the Cooking Bowl that fits into the Large Steamer Bowl. Set the Timer for 50 minutes.
3. Combine the onion, peppers, mushrooms, bean sprouts, water chestnuts, and pineapple and add to the other Small Steamer Bowl. Set the Timer for 10 minutes.
4. Combine the chili sauce and grape jelly. Heat in the microwave until hot and mix thoroughly.
5. Check food for doneness. Continue cooking if necessary.
6. To serve, arrange rice on a platter, add chicken breasts and vegetables. Pour hot sweet/sour sauce over the top to serve. Sprinkle sesame seeds over the top.

Smoked Turkey Sausage with Vegetables

Serves 4

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| 14 ounces packaged low-fat smoke turkey sausage, 2 inch pieces | 1 sliced onion, 1 inch cubes |
| 1 head cabbage, 1 inch cubes | 1 sliced green pepper, 1 inch cubes |
| 1 pound baby carrots | 1 sliced red pepper, 1 inch cubes |

1. Place the turkey sausage in one of the Small Steamer Bowls. Set the Timer for 20 minutes.
2. Place the cabbage in the Large Steamer Bowl and set the Timer for 15 minutes.
3. Combine the carrots, onion, green and red peppers together in the other Small Steamer Bowl and set the Timer for 15 minutes.
4. Check food for doneness and continue cooking if necessary.

Classic Egg Salad with Dill

Serves 4

6 large hard boiled eggs, peeled and dices into 3/8 inch cubes
¼ cup fat-free mayonnaise
2 tablespoons minced red onion
3 tablespoons chopped fresh dill
1 finely chopped celery rib
3 to 6 Claussen® chopped dill hamburger pickle slices
1 tablespoon ground mustard
1 clove garlic, minced
½ teaspoon salt
red pepper flakes to taste
I Can't Believe It's Not Butter®
8 slices whole wheat bread

1. Hard boil the eggs and peel (See the Egg Steaming Chart in the STEAMING CHARTS section of this Owner's Manual for suggested cooking times). Cool in the refrigerator.
2. Combine the mayonnaise, red onion, dill, celery, pickles, mustard, garlic, salt, and pepper in large mixing bowl. Add additional seasoning after tasting.
3. Butter the bread and divide the egg salad between four slices of bread, and top with the other slices.

Marinades

Blend all ingredients together. Use to tenderize and add flavor to poultry, fish, and pork before steaming. To marinate, coat food with the mixture and refrigerate for at least 30 minutes (but not longer than 1 hour).

Marinates 1 to 1½ pounds of food, depending on personal taste.

Curry Yogurt Marinade

Use with poultry or pork

¼ cup plain non-fat yogurt
2 tablespoons lemon juice
1 tablespoon vegetable oil
2 cloves garlic, minced
½ teaspoon curry powder
⅛ teaspoon crushed red pepper

Lemon Oriental Marinade

Use with poultry or fish

¼ cup lemon juice
1 tablespoon low-sodium soy sauce
1 tablespoon vegetable oil
¼ cup minced onion
¼ teaspoon ground ginger
⅛ teaspoon crushed red pepper

Spicy Herb Marinade

Use with poultry, fish, or pork

- ¼ cup white wine vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 1 teaspoon Tabasco® pepper sauce
- ¼ cup minced onion
- 1 clove garlic, minced
- ¼ teaspoon dried basil leaves
- 2 tablespoons dried cilantro
- 2 tablespoons dry mustard

Mexicali Marinade

Use with poultry, fish, or pork

- ½ cup prepared salsa
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil

Szechwan Marinade

Use with poultry, fish, or pork

- ¼ cup low-sodium soy sauce
- 3 tablespoons red wine vinegar
- 1 tablespoon sesame oil
- 2 tablespoons Splenda®
- 2 tablespoons corn starch

Soy with Ginger and Garlic Marinade

Use with fish, poultry or pork

- ¼ cup low-sodium soy sauce
- ¼ cup hoisin sauce
- 1 tablespoon white vinegar
- 1 teaspoon minced ginger root
- 1 clove garlic, minced
- 1 teaspoon five-spice powder

Rubs

Blend all ingredients together. Use to season tender cuts of poultry, fish and pork before steaming.

Seasons 2 to 4 pounds of food, depending on personal taste.

Cajun Rub

Use on poultry, fish or pork

1 tablespoon dried basil leaves
1 tablespoon dried oregano leaves
1 teaspoon thyme leaves
1 teaspoon ground allspice
1 tablespoon paprika
2 teaspoons salt

Southwestern Rub

Use on poultry, fish or pork

1½ teaspoons chili powder
1 teaspoon garlic powder
½ teaspoon dried oregano, crushed
½ teaspoon ground cumin

Lemon-Rosemary Rub

Use with poultry, fish or pork

1½ teaspoons lemon peel, grated
1 teaspoon dried rosemary leaves
¼ teaspoon thyme leaves
2 cloves minced garlic
¼ teaspoon salt
¼ teaspoon black pepper

Hot Mustard Rub

Use on poultry

2 tablespoons paprika
½ tablespoon Splenda®
brown sugar
½ teaspoon dry mustard
2 teaspoons chili powder
½ teaspoon salt
¼ teaspoon black pepper

Sauces

Blend all ingredients together. Sauces can be spread on poultry, fish, and pork before steaming, after steaming, or served on the side.

For the Salmon Sauce or Dill Sauce, melt butter in a sauce pan and dissolve the flour. Blend the remaining ingredients into the flour mixture. Simmer on the stove 5 minutes over low heat until thick.

Makes 1 to 1½ cups of sauce.

Salmon Sauce

Use with fish

¼ cup I Can't Believe It's Not Butter®
3 tablespoons all-purpose flour
1½ cups skim milk
2 tablespoons white wine
2 tablespoons tomato paste
¼ teaspoon dried thyme
1 clove garlic, minced
¼ cup minced onion

Dill Sauce

Use with poultry or fish

¼ cup I Can't Believe It's Not Butter®
3 tablespoons all-purpose flour
1½ cups skim milk
2 tablespoons fresh dill
pinch ground nutmeg

For the Seafood Sauce or Hot Sauce combine all the ingredients in a saucepan. Heat the sauce until warm, but not boiling. Simmer for about 3 to 4 minutes. Serve warm. Makes 1 to 1½ cups of sauce.

Seafood Sauce

Use with fish or pork

1 cup catsup
3 tablespoons lemon juice
½ tablespoon Splenda®
2 teaspoons prepared horseradish
½ teaspoon Tabasco® pepper sauce

Hot Sauce

Use with fish or pork

1 cup chili sauce
½ cup beer
2 teaspoons prepared mustard
¼ teaspoon Tabasco® pepper sauce

To make the Horseradish Mustard Mayonnaise or Chili Soy Sauce, combine all the ingredients in a glass bowl and refrigerate.

Makes ½ cup of sauce.

Horseradish Mustard Mayonnaise

Use with fish

½ cup fat-free mayonnaise
1 tablespoon prepared horseradish sauce
1 tablespoon prepared mustard
2 tablespoons fresh lemon juice

Chili Soy Sauce

Use with fish or vegetables

1 jalapeño chili pepper, seeded and minced
¼ cup low-sodium soy sauce
2 tablespoons fish sauce
1 tablespoon fresh lemon juice
1 teaspoon minced ginger
1 teaspoon Splenda®
1 tablespoon water

To make the *Fat-Free Sauce* or *Fruit Salsa*, combine all the ingredients and refrigerate.

Makes 2½ cups of sauce.

Fat-Free Tartar Sauce

Use with fish

- 2 cups fat-free mayonnaise
- ¼ cup fresh lemon juice
- 2 tablespoon minced garlic
- ½ cup sweet pickle relish
- ½ teaspoon salt
- ½ teaspoon black pepper

Pineapple Salsa

Use with poultry, fish or pork

- 1½ cups diced fresh or
canned pineapple, drained
- 1 jalapeño chili pepper
seeded and minced
- ¾ cup cucumber, chopped
- 1 teaspoon grated lime peel
- 2 tablespoon fresh lime juice
- ¼ cup minced cilantro

Herbs, Spices and Seasonings

The art of using of herbs and spices in steaming offers you the chance to make tasty gourmet dishes. Just add ¼ teaspoon of seasoning from the Herb List and 1 teaspoon of water to the Flavor Tray below the Steamer Bowl before you start steaming.

Pork: allspice, caraway, cinnamon, cloves, fennel, ginger, marjoram, mustard, poultry seasoning, rosemary, sage, and thyme.

Poultry: basil, chives, cinnamon, cloves, cumin, curry powder, dill, marjoram, nutmeg, paprika, parsley, poultry seasoning, rosemary, saffron, sage, savory, tarragon, thyme, and turmeric.

Seafood: allspice, cayenne, chervil, chives, cumin, curry, dill, fennel, marjoram, mint, mustard, nutmeg, oregano, paprika, parsley, saffron, sage, savory, tarragon, thyme, and turmeric.

Vegetables: allspice, basil, cayenne, chervil, chives, cinnamon, cloves, cumin, curry powder, garlic, ginger, Italian seasoning, marjoram, nutmeg, paprika, parsley, rosemary, sage, savory, tarragon, and thyme.

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Warranty Service: To obtain warranty service, you must call our warranty service number at 1-800-233-9054 for return instructions on how to deliver the product, in either the original packaging or packaging affording an equal degree of protection to the Repair Center specified below. You must enclose a copy of your sales receipt or other proof of purchase to demonstrate eligibility for warranty coverage.

To return the appliance, ship to:

ATTN: Repair Center
708 South Missouri Street
Macon, MO 63552 USA

To contact us, please write to, call, or email:

Consumer Relations Department
PO Box 7366
Columbia MO 65205-7366 USA
1-800-233-9054
E-mail: consumer_relations@toastmaster.com

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