

KAMBROOK

Ezy-Steam Food Steamer



	2-4 mins
	4-8 mins
	6-8 mins
	12-16 mins
	15-20 mins

KAMBROOK
Ezy-Steam

Kambrook Safety

Welcome to Kambrook and your new Ezy-Steam Food Steamer. At Kambrook we believe that the safe performance of our products is the first priority in any consumer product so that you, our valued customer, can confidently use and trust our products. We ask that any electrical appliance that you use can be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ACTIVATING THE APPLIANCE AND RETAIN THEM FOR FUTURE REFERENCE.

Ensure that the power source to be used is the same as the voltage requirements of the product.

Always switch off at the power outlet and then unplug when not in use and before cleaning.

Allow all parts to cook before disassembling for cleaning.

Never immerse the cooking body, cord or power plug in water or any other liquid.

Do not put any food or liquid other than water into the steamer body, only the steamer baskets and rice bowl are designed to cook food.

Do not touch hot surfaces, use handles.

Lift and remove the steamer baskets/rice bowl and juice collection tray carefully to avoid scalding.

This appliance is not intended for use by

young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.

Do not leave the appliance unattended when in use.

Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.

Do not place on or near a hot gas burner, electric element, or in a heated oven.

This appliance is suitable for domestic use only. Do not use this appliance for anything other than its intended use.

Do not use outdoors.

Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the appliance to the nearest authorised Kambrook Service Centre for examination, replacement or repair.

Please call 1800 800 634 for service centre details.

FEATURES OF YOUR KAMBROOK EZY-STEAM



1. 60 minute timer with auto off and sounding bell

2. 'On' indicator light

3. 3-litre steamer bowl

4. 2-litre steamer bowl

5. Rice/sauce cooker bowl (not shown)

6. Lid

7. Juice collection tray

8. Water reservoir

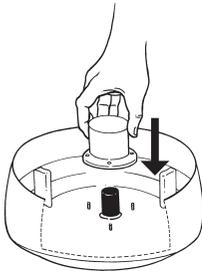
9. Element protection cover

Using Your Ezy-Steam Food Steamer

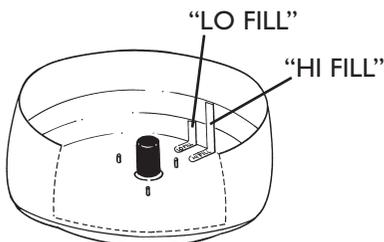
Before first use remove any promotional labels and wash the removable steamer bowls, rice/sauce bowl, lid, juice collection tray in warm soapy water, rinse and dry thoroughly, also wipe the inside of the water reservoir.

Do not immerse the cord or steamer body in water or any other liquid.

Remove the steamer bowls from the top of the unit and ensure that the element protection cover is in place by aligning the three holes in the element protection cover with the three protruding nubs around the element and push on until the cover is firmly in place.



Pour water into the water reservoir, up to the maximum marking “HI FILL” found on the inside of the water reservoir. If you are cooking for a long period of time ensure that the water level does not fall below the minimum “LO FILL” mark.



Note: Only use clean water in your steamer. Do not use wine, stock or other liquids.

Place the juice collection tray on top of the unit.

Place food inside of the steamer bowls and/or rice/sauce bowl and place on top of the unit and place the lid on top.

Plug the appliance into a 230/240 volt power outlet and switch on.

Turn the timer dial to the desired cooking time - this will activate the steamer and the “power” light will illuminate. Within 30 seconds steam will start to be produced. After cooking time has lapsed the unit will switch off, sounding a bell and the “power” indicator light will turn off.

⚠ Caution: Always take care when lifting the steamer bowls and juice collection tray, as the steam and water condensation can cause burns.

Note: The large (3-litre) bowl must be used if you are steaming in only one bowl and the smaller bowl can be added during the steaming process when food needs less steaming time. Heavier foods or foods that take longer to cook should be placed on the lower steamer basket as this gets a higher concentration of steam.

Switch off at the power outlet and then unplug, allow the Kambrook Ezy-Steam to cool down before cleaning.

During cooking avoid unnecessary removing of the lid and steamer baskets, as steam will escape.

Maintaining Your Ezy-Steam Food Steamer

Always turn the power off at the power outlet and unplug the steamer and allow the unit to cool down before disassembling any parts.

Wash the removable steamer bowls, rice/sauce bowl, lid, juice collection tray and element protection cover in warm soapy water, rinse and dry thoroughly.

Discard the remaining water in the water reservoir and wipe the interior with a damp cloth and dry thoroughly.

Do not place any part of the steamer including steamer and rice bowls in a dishwasher.

Do not use abrasive cleaners, steel wool or scouring pads as these can damage the surface and the element.

The steamer body can simply be wiped over with a damp cloth and then dried.

Mineral deposits may accumulate on the Heating Element. It is recommended to descale the steamer regularly to prolong the life of your appliance.

Prepare a solution of 2 cups of water, 1 tablespoon of lemon juice or white vinegar.

Pour the solution into the water reservoir and place steamer bowl and lid on top. Turn the steamer on for approximately 15 minutes. Remove the lid and clean as usual. If excess scale has built up, repeat the process.

Note: If food with a strong odour, such as fish has been steamed, the above procedure can be followed with steamer and rice bowls in position to ensure the odour is not transferred to the next steaming session.

⚠ Caution: Do not immerse steamer body, power cord or plug in water or any other liquid as this may cause electrocution.

KAMBROOK STEAMER

All recipes assume that the proceeding assembly instructions have been followed, eg after filling water reservoir the drip tray is placed then the steamer bowl/s.

WARM POTATO SALAD

Serves 4-6

800g new potatoes

1 medium Spanish onion, finely chopped

3/4 cup thinly sliced celery

150g salami, finely chopped

2 tablespoon freshly snipped chives

Dressing

3/4 cup mayonnaise

2 tablespoons sour cream

1 1/2 tablespoons lemon juice

Freshly ground black pepper

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place potatoes in a single layer in the steamer. Cover with lid.

2. Set steamer dial to 25 minutes and/or until potatoes are cooked.

3. Allow potatoes to cool slightly and cut in half. Combine with onion, celery, salami and chives.

4. Combine dressing ingredients.

5. Pour dressing over potatoes, season with freshly ground black pepper. Serve.

GREEN BEANS AND MUSHROOM SALAD

Serves 4

400g baby green beans, trimmed and cut in half

150g button mushrooms

2 tablespoons balsamic vinegar

1/4 cup olive oil

2 teaspoons grain mustard

Freshly ground black pepper

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place beans in the steamer. Cover with lid.

2. Set steamer dial to 10 - 12 minutes. After 7 minutes of cooking, remove lid and place the smaller steamer bowl, filled with mushrooms, on top of the larger steamer bowl. Cover with lid and continue cooking for the remaining 3-5 minutes and/or until beans and mushrooms are cooked. Serve.

3. Combine vinegar, oil, mustard and pepper in a screw top jar. Shake well.

4. Pour dressing over prepared beans and mushrooms or toss to combine. Serve.

SESAME PUMPKIN

Serves 4

600g pumpkin, skin pumpkin, cut into 3cm pieces

2 tablespoons peanut oil

3 tablespoons toasted sesame seeds

1 tablespoon honey

1 tablespoon lemon juice

1 tablespoon soy sauce

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place pumpkin in a single layer in the steamer. Cover with lid.

2. Set steamer dial to 20 - 25 minutes and/or until pumpkin is cooked.

3. Combine oil, sesame seeds, honey, lemon juice and soy sauce in screw top jar. Shake well.

4. Pour dressing over pumpkin. Serve.

CHICKEN RISOTTO

Serves 4

2 x chicken breast fillets (400g)

1 tablespoon butter

1 medium onion, finely chopped

1 clove garlic, crushed

1 1/2 cups chicken stock

1/4 cup freshly chopped mixed herbs

Freshly ground black pepper

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place chicken in the steamer. Cover with lid.

2. Set steamer dial to 25 minutes and/or until chicken is cooked.

3. Heat butter in saucepan and lightly sauté onion and garlic. Add stock and bring to the boil.

4. Place rice into the rice/sauce cooker bowl, pour over hot stock mixture. Place inside large steamer bowl. Cover with lid.

5. Set steamer dial to 30 minutes and/or until rice is cooked.

6. Stir through herbs, season with pepper. Serve with sliced chicken breast.

DIM SIMM WITH CITRUS THAI SAUCE

Serves 4

2 packets mini dim sim

Dipping sauce

1/4 cup fresh lemon juice

2 tablespoons fish sauce

1 tablespoons sweet Thai chili sauce

1 tablespoon finely chopped coriander

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place dim sim in the steamer. Cover with lid.

2. Set steamer dial to 10 minutes and/or until dim sim is cooked.

3. Combine sauce ingredients in a bowl. Serve with cooked dim sim.

TOMATO AND BASIL RAVIOLI

Serves 4

375g packet Fresh Ravioli pasta

1 cup spicy Italian cooking sauce

1 tablespoon finely chopped basil

Freshly ground black pepper

Freshly grated Parmesan cheese

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place ravioli in the steamer. Cover with lid.

2. Set steamer dial to 20-30 minutes and/or until ravioli is cooked. Turn occasionally during cooking.

3. Combine in the rice/sauce cooker bowl; Italian cooking sauce, basil and freshly ground black pepper place inside smaller steamer bowl. With 5-7 minutes remaining in the steaming of the ravioli remaining, remove lid and place the smaller steamer bowl on top of the larger steamer bowl. Cover with lid and continue cooking for the remaining time and/or until the ravioli is cooked and sauce is warmed through.

4. Stir sauce through the ravioli. Serve with Parmesan cheese.

PESTO RICE

Serves 4

1 cup uncooked white rice

1 small onion, finely chopped

1 cup water

1 tablespoon pesto sauce

1/4 teaspoon salt

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place the rice/sauce cooker bowl, containing rice, onion, water, pesto and salt, inside. Cover with lid.

2. Set steamer dial to 35-40 minutes and/or until is cooked.

3. Stir well once cooked. Serve.

HONEY SOY CHICKEN

Serves 4-6

1kg chicken drumsticks (approximately 6)

1/2 cup honey and soy marinade

2 teaspoons sweet Thai chili sauce

Preparation

1. Remove skin from chicken

2. Combine honey and chilli sauce

3. Marinate chicken for 3-4 hours or overnight, turn occasionally

Steaming

4. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place chicken. Cover with lid.

5. Set steamer dial to 40-50 minutes and/or until chicken is cooked. Serve.

TUSCAN HERB CHICKEN

1 x 1.3kg chicken, giblets removed

2 tablespoons lemon juice, reserve
lemon halves

Tuscan dried herb seasoning

Preparation

1. Wash and pat the chicken dry.
2. Place lemon halves inside the cavity of chicken.
3. Pour over lemon juice over the chicken and sprinkle generously with Tuscan seasoning.

Steaming

4. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place chicken breast side up. Cover with lid.
5. Set steamer dial to 60 minutes and/or until chicken is cooked.

STEAMED BLUE EYE COD WITH PARSLEY AND OLIVES

Serves 4

- 4 x 150g pieces of Blue Eye or Ling Sea Perch
3/4 cup Italian parsley, roughly chopped
1/4 cup olive oil
1 grapefruit, peeled and cut into pieces
2 tablespoon chopped black olives
2 teaspoons capers washed
Freshly ground black pepper
4 potatoes, mashed

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place fish in a single layer in the steamer. Cover with lid.

2. Set steamer dial to 10-12 minutes and/or until fish is cooked

3. Combine parsley olive oil, grapefruit, olives and capers in a bowl mix well. Season with pepper.

4. Pour parsley mixture over fish. Serve on top of mashed potato

5. Set steamer dial to 10 - 12 minutes. After 7 minutes of cooking, remove lid and place the smaller steamer bowl, filled with mushrooms, on top of the larger steamer bowl. Cover with lid and continue cooking for the remaining 3-5 minutes and/or until beans and mushrooms are cooked. Serve.

CITRUS PRAWNS AND SNOW PEAS

Serves 4

800g green prawns, peeled

200g snow peas, trimmed and cut in half

50g butter

1 tablespoon lemon zest

1/4 cup finely chopped green onion

1/4 cup finely chopped fresh coriander

Freshly ground black pepper

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place prawns in a single layer in the steamer. Cover with lid.

2. Set steamer dial to 10 - 12 minutes. After 5 minutes of cooking, remove lid and

place the smaller steamer bowl, filled with snow peas, on top of the larger steamer bowl. Cover with lid and continue cooking for the remaining 5 minutes and/or until prawns and snow peas are cooked.

3. While steaming, heat butter in saucepan, add lemon zest, green onion, and coriander. Season with pepper.

4. Pour butter mixture over cooked prawns and snow peas. Serve.

THAI STEAMED OCTOPUS

Serves 4

- 1 kg baby octopus, cleaned
- 2 tablespoons freshly squeezed lime juice
- 2 teaspoons fish sauce
- 2 tablespoons sweet Thai chili sauce
- 3/4 cup freshly coriander leaves, roughly chopped

1. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place octopus in a single layer into the steamer. Cover with lid.

2. Set steamer dial to 10-12 minutes and/or until octopus is cooked

3. Combine lime juice, sauces and coriander in a bowl.

4. Pour dressing over cooked octopus or stir to combine. Serve.

MEATBALLS

Serves 4

500g lean beef mince

1 clove freshly crushed garlic

1 teaspoon mixed dried herbs

1/2 teaspoon ground oregano

1 small onion, grated

1 egg, lightly beaten

2 tablespoons freshly chopped parsley

2 tablespoons fresh breadcrumbs

Freshly ground black pepper

600ml pre-prepared pasta sauce,

Preparation

1. Combine mince, herbs, spices, onion, egg, breadcrumb and season with pepper.

2. Mix well using 1 tablespoon of mixture, and wet hands shape into firm balls.

Steaming

3. Fill water reservoir to “HI FILL” and place the large steamer bowl onto the unit. Place meatballs in the steamer. Cover with lid.

4. Set steamer dial to 20 minutes. After 10 minutes of cooking, remove lid and place the smaller steamer bowl, containing the rice/sauce cooker bowl filled with pasta sauce, on top of the larger steamer bowl. Cover with lid and continue cooking for the remaining 10 minutes and/or until meatballs are cooked and sauce is warmed.

5. Pour sauce over meatballs. Serve.

STEAMED FRUIT PUDDING

Serve 6 -8

- 1kg mixed dried fruit
- 1 cup plain flour
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon mixed spice
- 125g butter, melted
- 2 eggs lightly beaten
- 1/2 cup milk
- 1/3 cup rum, brandy or fresh orange juice

Preparation

1. Combine fruits and dry ingredients in a large bowl, add all liquid ingredients and mix well.
2. Place into a 6 cup capacity bowl or large bowl, cover with greaseproof paper and foil.

Steaming

1. Fill water reservoir to "HI FILL" and place the large steamer bowl onto the unit. Place filled bowl, inside. Cover with lid.
2. Set steamer dial to 60 minutes and/or until pudding is cooked, check after 30 minutes to ensure that moisture is present.
3. Remove cake from bowl. Serve with poached fruits and custard.

QUICK AND EASY CHOCOLATE CAKE

Serves 6-8

- 125g chocolate, melted
- 125g butter
- 4 eggs, lightly beaten
- 1/3 cup castor sugar
- 1/2 cup plain flour
- 1 teaspoon baking powder

Preparation

1. Separate the eggs. Cream butter and sugar until light and fluffy.
2. Combine creamed ingredients with remaining ingredients mix well, until well combined do not over stir or over beat.
3. Line the rice/sauce cooker bowl with plastic wrap or greaseproof paper, pour cake mixture into the bowl and cover with plastic wrap.

Steaming

1. Fill water reservoir to "HI FILL" and place the large steamer bowl onto the unit. Place bowl cooker bowl, filled with cake mixture, inside. Cover with lid.
2. Set steamer dial to 40 minutes and/or until cake is cooked.
3. Remove cake from bowl. Serve cool.

KAMBROOK STEAMING CHART

VEGETABLES

1. Clean the vegetables thoroughly. Cut off stems, trim, chop and peel if required.
2. Smaller pieces of vegetables will steam faster than larger pieces.
3. Below are the estimated times that steaming should take, personal preference, the freshness, the quality and size will effect how quickly ingredients will take to steam. Adjust water amounts and cooking times as desired.
4. Steaming time will decrease, if steaming smaller portions.
5. Frozen vegetables always should be thawed before steaming to ensure even cooking, and optimum results being achieved.
6. If steaming frozen vegetables, always separate or stir after 10-12minutes.

TYPE VEGETABLE	WEIGHT / MEASUREMENT	TIME TO COOK APPROXIMATLEY
Asparagus, spears	500g	15-16 minutes
Artichokes, whole	500g (Approximatley 4)	40 minutes
Beans, cut or whole	250g	18 minutes
	500g	25 minutes
Beetroot	500g	30 minutes
Broccoli	500g	15 -20 minutes
Bok Choy	500g	15 -20 minutes
Brussel Sprouts	500g	25 minutes
Cabbage	500g	15 minutes
Celery	250g	10 minutes
Carrots, thinly sliced	500g	20 minutes
Cauliflower	500g	20 minutes
Corn, whole	500g (Approximatley 4)	20 minutes
Eggplant	500g	15 minutes
Mushrooms	500g	6-8 minutes
Onions	250g (Sliced)	10 minutes
Parsnips	250g	10 minutes
Peas	500g	10 minutes
Capsicums	500g (Approximatley 4)	15 minutes
Potatoes, whole chats	500g	35 minutes
Sweet Potato	500g	35 minutes
Spinach	250g	10 minutes
Squash	500g	15 minutes
Turnips	500g	20 minutes
All frozen Vegetables	500g	25-30 minutes

RICE, GRAINS AND CEREALS

To cook the rice in the Kambrook steamer follow these simple suggestions.

1. Wash rice under cold running water until rice water runs clear.
2. Place rice and water into the rice cooker bowl.
3. Cover with the lid and set the timer.
4. To produce firmer rice, slightly decrease the water specified in the rice cooker bowl.
5. For softer rice slightly increase water quantity.
6. Rice may be seasoned with salt, pepper or butter after steaming.

VARIETY	CUPS OF RICE	CUPS OF WATER	APPROX TIME IN MINUTES
Brown - Regular	1/2 cup	1 cup	40 minutes
- Quick	1/2 cup	1 cup	35 minutes
Long Grain, Wild Rice	1 cup	2 cups	45-50 minutes
Instant (prepared packet)	1 cup	1 1/2 cups	10-15 minutes
White - Regular	1 cup	1 1/2 cups	35-40 minutes
- Long Grain	1 cup	1 1/2 cups	40 minutes

GRAINS AND CEREALS

VARIETY	METHOD	APPROX TIME IN MINUTES
Oats	1/2 cup oats with 1 cup water into rice cooker bowl	15 minutes
Cracked Wheat	1 cup cracked wheat with 1 1/2 cups of water. Place into the steaming tray, then put the lid on and set the timer.	25-30 minutes

SEAFOOD

1. For the steaming chart below the steaming guidelines are for fresh, frozen and fully thawed seafood.
2. Always clean and prepare fresh seafood and fish before steaming.
3. Most seafood cooks very quickly. Steam in small portions or in amounts as specified below in chart.
4. Steam fish fillets in rice bowl to assist with not overcooking or juices escaping.
5. Adjust steaming times accordingly to various textures and sizes.

VARIETY	WEIGHT / SIZE	APPROXIMATE COOKING TIME
Crab - Whole	500g	25 minutes
- Pieces	8 pieces	10 minutes
Clams, Pippies	500g	10-15 minutes
Lobster - Tails	4 tails	15-20 minutes
- Halved	500g	25-30 minutes
- Whole	1 kg	40 minutes
Mussels (Shell)	500g	15 minutes
Oysters (Shell)	1 kg	20 minutes
Scallops (shucked)	500g	15 -20 minutes
Prawns - Shelled	500g	10 minutes
Fish - Whole	250g - 375g	10 minutes
- Dressed	250g - 375g	10 minutes
- Fillets	500g	8 minutes
- Steaks / Cutlets	500g	8 minutes

MEAT

VARIETY	WEIGHT / SIZE PIECES	APPROXIMATE COOKING TIME
Beef - Hamburgers	500g	20 minutes
- Meatballs	500g	15 minutes
Chicken - Whole	1.3 kg	60 minutes
- Pieces	500g	30 minutes
- Breast	400g	25 minutes
Hot Dogs	500g	15 minutes
Sausages	500g	20-25 minutes

EGGS

The following are some handy guidelines when cooking eggs in the Kambrook steamer. The steamer is ideal for steaming/boiling, poaching and scrambling eggs.

For boiled eggs

- Using the steamer tray, eggs may be cooked in the shell to give the same results as boiling eggs.

⚠ Caution: Do not boil eggs in the water reservoir.

For poached eggs

- Crack into individual sized heatproof dishes with a little water.

For scrambled eggs

- Prepare in the rice/sauce bowl, with milk and seasonings.

Note: Large eggs will require slightly longer cooking times.

TYPE	QUANTITY / SIZE PIECES	APPROX TIME IN MINUTES
Steamed/Boiled - Soft - Hard	1-12	8 minutes 10-12 minutes
Poached		10-15 minutes
Scrambled	6 eggs with milk and seasoning	15 minutes



KAMBROOK 12 MONTH

REPLACEMENT WARRANTY

KAMBROOK warrants the purchaser against defects in workmanship and material, for a period of 12 months from the date of purchase (3 months commercial use).

Guarantee and purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the terms of the KAMBROOK guarantee.

KAMBROOK reserves the right to replace or repair the appliance within the warranty period.

Warranty does not apply to any defect, deterioration, loss or injury or damage occasioned by, or as a result of the misuse or abuse, negligent handling or if the product has not been used in accordance with the instructions. The guarantee excludes breakages and consumable items such as kneading blades.

This warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced.

In the event of KAMBROOK choosing to replace the appliance, the guarantee will expire at the original date, ie. 12 months from the original purchase date.

In Australia, this KAMBROOK Guarantee is additional to the conditions and guarantees which are mandatory as implied by the Trade Practises Act 1974 and State Territory legislation.

For service, spare parts or product information in Australia, please call KAMBROOK on the customer Service Line (free call) 1800 800 634.

For service, spare parts or product information in New Zealand, please call KAMBROOK New Zealand, Mono Place, Ellerslie, Auckland.
Phone 0800 253 007, FAX 0800 263 001.

If claiming under this guarantee the product must be returned to freight prepaid.

YOUR PURCHASE RECORD (Please complete)

Attach purchase receipt here.

DATE OF PURCHASE _____

MODEL NUMBER _____

SERIAL NUMBER (If applicable) _____

PURCHASED FROM _____

Please don't return purchase record unless you are making a claim

KAMBROOK

Kambrook 4 Kingston Town Close Oakleigh, Victoria 3166, Australia
Customer Service Line (free call) 1800 800 634 Customer Service Fax 1800 621 337
Kambrook (New Zealand) Mono Place Ellerslie, Auckland, New Zealand
Customer Service Line/Spare Parts 0800 253 007 Customer Service Fax 0800 263 001

