

Sunbeam

VitaSteam Deluxe

Food Steamer

INSTRUCTION/RECIPE BOOKLET.



ST6600

Sunbeam's Safety Precautions.

SAFETY PRECAUTIONS FOR YOUR VITASTEAM DELUXE.

- Ensure your steamer is used at least 50cm (half a metre) away from a gas flame or electric element.
- Do not operate the steamer on an inclined surface.
- Do not move or cover the steamer whilst in operation.
- Do not immerse the base of the steamer in water or any other liquid.
- Use your steamer well away from walls and curtains and cupboards that may be affected by steam.
- Do not use your steamer in confined spaces.
- Remove the cover away from you after steaming.

SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an the appliance.
- Always turn the power off at the power outlet before you remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by your electricity supplier or qualified technician.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the underside of the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children or infirm persons should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or in a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not immerse in water.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof means as specified by S.A.A. (Standards Association of Australia). Such appliances should always be returned to the nearest Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner; if damage is suspected, return the appliance to the nearest Service Centre for examination, repair or adjustment. As a service to Customers, Factory Outlets will carry out a free check on your appliance to ensure it is electrically safe.
- For additional protection Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying the power outlet in use.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Ensure the above safety precautions are understood.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

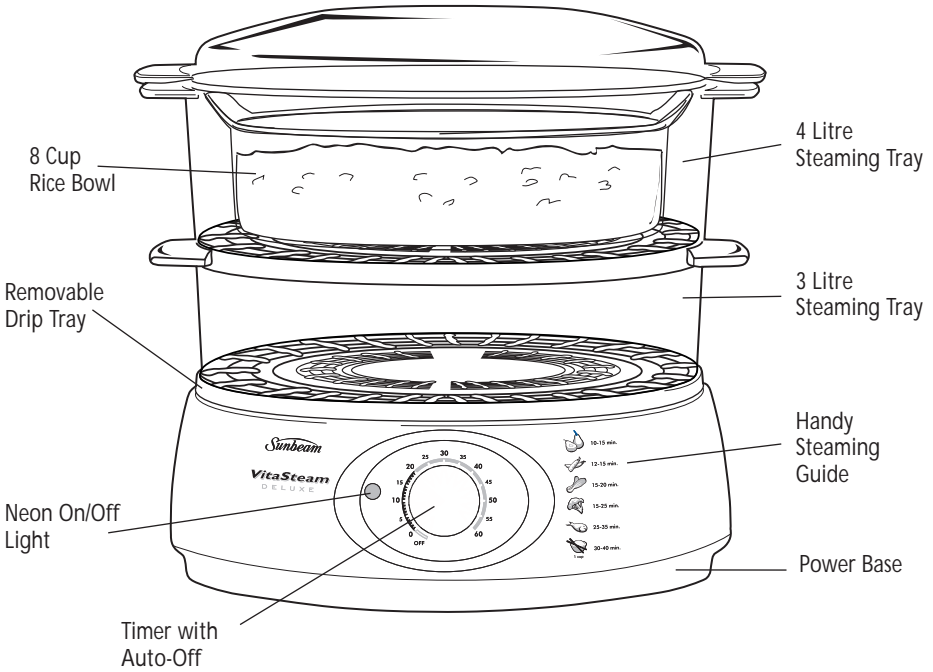
کاری یکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığınızı emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Features of your VitaSteam Deluxe.



3 and 4 Litre Steaming Bowls.

Enables you to cook your entire meal using one appliance. Steam meat, poultry, seafood or fish in the lower tray, then add the upper tray to steam nutritious vegetables. The steaming bowls are also shatter resistant to prevent breakage.

8 Cup Capacity Rice Bowl.

The separate rice bowl cooks light and fluffy rice every time.

60 Minute Timer with Auto-Off.

Allows you to set the steamer to cook your meal exactly the way you like it. The steamer automatically turns off when it has finished cooking.

Removable Drip Tray.

Collects the fats, juices and condensation during steaming, and is removable for easy cleaning.

1000 watts.

For fast cooking.

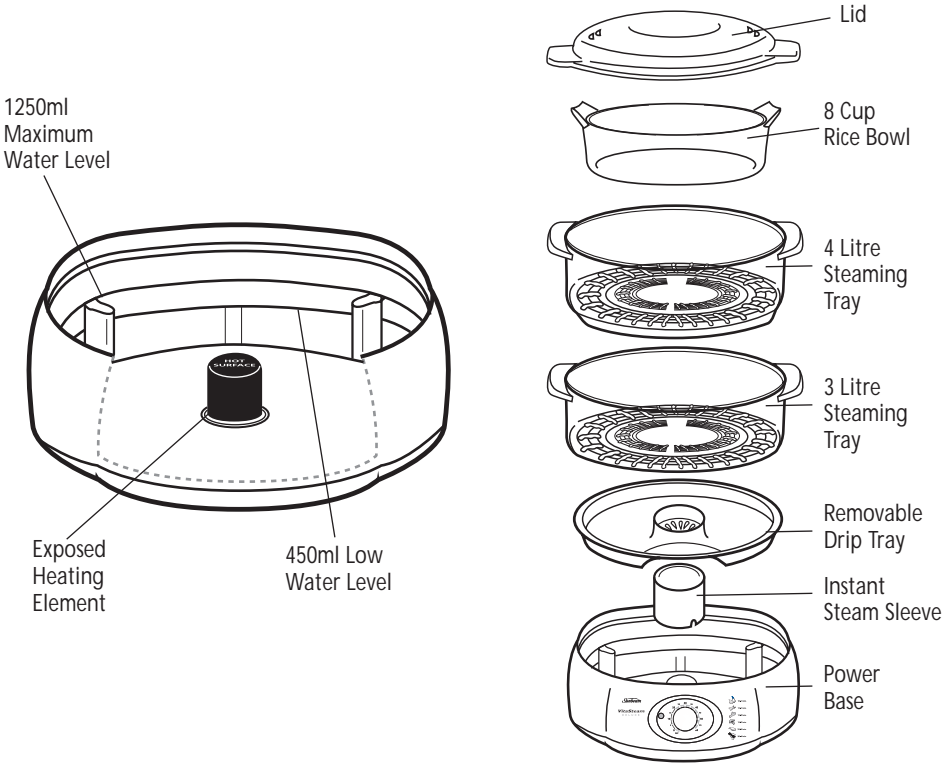
Instant Steam Function.

Produces steam in just 30 seconds for meals in a hurry.

Neon On/Off Light.

Indicates when the appliance is steaming.

Features of your VitaSteam Deluxe.



An Introduction to Steam Cooking.

Congratulations on the purchase of your new Sunbeam VitaSteam Deluxe Food Steamer. You will now be able to enjoy the benefits and convenience of steam cooking.

Steaming is one of the healthiest cooking methods available, as it requires no fats or oils. Steaming ensures that fruit and vegetables retain vitamins and minerals required for a balanced diet. Meats such as chicken can be gently steamed to retain their flavour and tenderness, while the fats drain away.

Steaming is also gentle, as the food never comes in contact with the cooking liquid, ensuring that it retains its shape, colour and texture.

Using your VitaSteam Deluxe.

Before using your VitaSteam Deluxe for the first time, wash the steaming bowls, rice bowl, lid and drip tray in warm soapy water. Rinse and dry thoroughly. Operate the steamer for 15 minutes using a solution of 1 tablespoon lemon juice and 2 cups water in the reservoir.

Note: You may notice a slight odour during this first operation. This is normal with many heating appliances and will not affect the performance of your steamer.

1. Fill the water reservoir above the 'Lo' water level and no higher than the 'Hi' water level.

Note: Use only clean water in your VitaSteam Deluxe. Do not use wine, stock or other liquids.

2. Put the Removable Drip Tray in place.

Note: Do not operate the Steamer without the Removable Drip Tray.

3. Place food to be steamed without sauce or liquid into the steaming bowls and place on the Power base. If steaming with sauce or liquid, use the rice bowl and place inside one of the steaming bowls.

4. Replace the lid.
5. Insert the plug into a 230-240V power outlet and turn the power on.
6. To set the Timer first turn the dial fully clockwise to 60 minutes, then turn it anti-clockwise to your desired cooking time. This ensures accurate timing. The power on light will illuminate.
7. A bell will sound when the selected time has elapsed and the steamer will automatically switch off. Using oven mitts or a cloth, remove the lid by tilting it away from you to ensure steam is safely released without scalding. Hold the lid over the steamer to allow the condensation to drain into the unit before removing completely. Remove the plug from the power outlet after use.
8. Remove the steamer tray/rice bowl and serve the food.

Note: Use caution when handling the base of the unit and steamer/rice bowls as these will be hot.

For Best Results.

The cooking times stated in this booklet are a guide only. The steaming time required for specific foods is affected by the following:

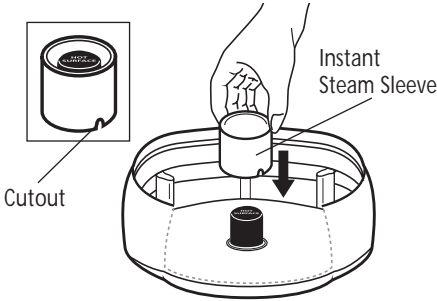
- The size, quality and the temperature of the food.
- The degree to which you like your food cooked.
- The temperature of the water used for steaming.

To ensure good results using your VitaSteam Deluxe, follow these simple tips: –

- Remove food immediately after the steaming cycle is completed. Food will continue to cook slightly due to the accumulated steam, if you leave it in the steamer.
- Food should be arranged evenly in both steamer bowls. Foods of uniform size will steam at a similar rate.

Guide to Instant Steam Function.

The VitaSteam Deluxe features an Instant Steam Function that will enable steam to be generated in as little as 30 seconds. For this feature to operate you must place the Instant Steam Sleeve in position.



The Sleeve concentrates a small amount of water around the Exposed Heating Element, quickly bringing it to boiling temperature to produce steam, rather than heating all of the water in the reservoir.

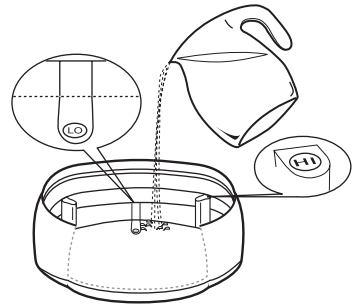
The Sleeve has a small cut out in the bottom to allow water to flow into the contained water area. When the Sleeve is in position the cut out must be located at the bottom to allow the water to flow in.

For more efficient steaming we recommend that the appliance is always operated with the Instant Steam Sleeve in position.

Guide to Water Levels.

Your VitaSteam Deluxe relies on the water reservoir being full of water to operate. Fill the water reservoir with clean water only. The water level must be between the 'LO' (450 mL) and 'HI' (1250mL) markings.

When continuously cooking food with your steamer ensure that the water level does not fall below the 'LO' marking (450mL).



Guide to using the Steaming Trays.

The VitaSteam Deluxe comes with two steaming trays - 3 litre and 4 litre. The appliance can operate with either both trays stacked on top of each other or with just one tray in position.

When using two trays at the one time, the smaller tray (3 litre) must be placed on the bottom with the larger tray (4 litre) on the top.

Place the largest piece of food with the longest cooking time in the lower steaming bowl then place on top of the Removable Drip Tray and Power Base.

Then place the upper steaming tray on top for cooking of vegetables.

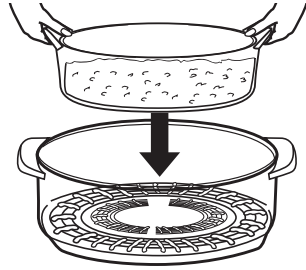


Guide to using the Rice Bowl.

Cooking of rice must be done in the Rice Bowl. The Rice Bowl can either be placed in the 3 or 4 Litre Steaming Tray.

Both uncooked rice and water must be added to the Rice Bowl. Check the recommended quantities on Page 9.

When handling the Rice Bowl use insulated pot holders/oven mitts to avoid burns from the hot steam.



Care and Cleaning.

Before cleaning your Sunbeam VitaSteam Deluxe, ensure the power is turned off at the power outlet and the plug removed.

Wash the rice bowl, steam tray, drip trays and the lid in warm, soapy water, rinse and dry.

Do not wash in an automatic dishwasher as the hot water temperatures and harsh detergents may ultimately warp and scratch these parts. DO NOT use abrasives or abrasive cleaners as these may also cause scratching.

Wipe out the interior of the steamer base with a warm, damp cloth or a small brush. Wipe the exterior of the base with a damp cloth or sponge. DO NOT use abrasives or abrasive cleaners as these may scratch the steamer base.

Warning.

NEVER IMMERSE THE BASE OF YOUR STEAMER IN WATER OR ANY OTHER LIQUID.

Important – Mineral Deposits.

Mineral deposits may accumulate on the Exposed Heating Element which can result in your Sunbeam VitaSteam Deluxe switching off before the cooking cycle is complete. To remove this build up use a wet scouring pad and rub over the surface of the heating element only after each use.

Alternatively, prepare a solution of either:

- (i) 2 cups of water in which 1 teaspoon of cream of tartar has been dissolved; or
- (ii) 2 cups of water to which 1 tablespoon of lemon juice or white vinegar has been added.

Pour the solution into the reservoir, position the Lid and operate your Sunbeam VitaSteam Deluxe for approximately 15 minutes. Remove the lid and clean as directed. If excess scale has built up, repeat this process.

Note:

If food with a strong odour, such as fish and cabbage has been steamed, the above procedure may be followed with the Steamer trays or rice cooker bowl in position. This will ensure that the odour is not transferred to the next steaming cycle.

Vegetables.

The following are some handy hints on how to steam vegetables:

1. Before steaming, wash the vegetables thoroughly.
2. Cut off stems and peel if desired.
3. Cut vegetables to the desired size (smaller pieces steam faster than larger ones).
4. To retain the vegetables' flavour and nutrients, steam until just tender, but still slightly firm.
5. When steaming several different vegetables at once, place the largest and firmest in the steamer first. Add other vegetables according to size during the steaming time.
6. If a sauce or liquid is to be prepared with the vegetables, use the rice bowl for steaming.
7. Frozen vegetables should not be thawed before steaming.

FRESH VEGETABLES: Guide to Steaming Time.

VEGETABLE	QUANTITY	APPROX. TIME IN MINUTES
Artichokes – globe	3 whole, tops trimmed	18 - 25
Asparagus	500gms	12 - 15
Beans – Green or Wax	500gms, cut or whole	12 - 15
Beetroot	500gms, whole with 3cm tops	38 - 42
Broccoli	500gms	12 - 16
Brussel Sprouts	500gms	17 - 20
Cabbage	500gms, coarsley shredded	12 - 16
Carrots	500gms, sliced	17 - 20
Cauliflower flowerettes	500gms	17 - 20
Celery	1 bunch, thinly sliced	17 - 20
Corn on Cob	3 to 5 cobs	38 - 42
Mushrooms	500gms, whole	7 - 10
Onions	250gms, thinly sliced	12 - 16
Parsnip	500gms, peeled and sliced	12 - 16
Peas	500gms, shelled	17 - 20
Peppers	500gms, halved, seeds removed	7 - 10
Potatoes –		
1) New	500gms, whole (approx. 8)	28 - 31
2) Red or White	500gms, whole (approx. 3)	38 - 42
3) Sweet	500gms, cut into 3cm pieces	26 - 29
Pumpkin	500gms, cut into 3cm pieces	26 - 29
Turnip	500gms, cut into 3cm pieces	26 - 29
Zucchini	500gms, sliced	7 - 10

FROZEN VEGETABLES: Guide to Steaming Time.

FROZEN VEGETABLE (500g)	APPROX. TIME IN MINUTES
Green Beans, Lima Beans, Broad Beans, Broccoli (cuts), Brussel Sprouts, Carrots (sliced), Cauliflower, Mixed Vegetables, Peas	17 - 20
Corn on Cob	26 - 29

Rice, Grain & Cereals.

To cook rice in the rice cooker bowl, the following are some handy hints:

1. Wash rice under cold running water.
2. Place rice and water into the rice cooker bowl.
3. Cover with the Lid and set the Timer.
4. For firmer rice, slightly decrease the water specified in the rice cooker bowl.
5. For softer rice, slightly increase water quantity.

RICE, GRAIN AND CEREALS: Guide to Cooking Time.

VARIETY	RICE COOKER BOWL		APPROX. TIME IN MINUTES
	CUPS OF RICE	CUPS OF WATER (Rice Cooker bowl)	
Long Grain	1	1	22 - 29
Long Grain	2	2	30 - 36
Long Grain	3	3	38 - 42
Brown - Regular	1	1½	58 - 62

OTHER GRAINS AND CEREALS.

VARIETY	METHOD	APPROX. TIME IN MINUTES
Oatmeal Regular	Put ½ cup oatmeal and 1 cup water into Rice Cooker bowl.	17 - 20
Rolled Oats	Put 1 cup rolled oats and 1½ cups water in Rice Cooker bowl. Place in the steaming tray, then put the lid on and set the timer.	17 - 20
Wheat-Cracked	Put 1 cup of cracked wheat into Rice Cooker bowl with 1½ cups of water. Place in the steaming tray, then put the lid on and set the timer.	26 - 29

Fish and Seafood.

The following are some handy hints on steaming your fish and seafood:

1. Place fish in the Steamer tray.
2. If fish or seafood is to be poached or cooked in a sauce, use the Rice Cooker bowl.
3. Add lemon wedges, herbs and seasoning before steaming, as desired.
4. Add butter or margarine after steaming, if desired.
5. Fish is cooked when it flakes easily with a fork and is opaque in colour.
6. Frozen fish may be steamed without defrosting, except for fillets which need to be defrosted and separated before steaming. Fillets are best steamed in a single layer.
7. When steaming frozen fish, extend the steaming time.

OTHER GRAINS AND CEREALS.

TYPE	QUANTITY	APPROX. TIME IN MINUTES	SUGGESTIONS
Clams	500gms	7 - 20	Steam just until open.
Lobster, whole	750gms	17 - 20	Steam just until red.
Fish: 1) Fillet 2) Steak 3) Whole	500gms 2cm thick 500 - 750gms	12 - 16 17 - 20 17 - 20	Cook until fish flakes easily with fork. Season fish as desired with lemon juice, wine or herbs.
Mussels	500gms, fresh in the shell	12 - 16	Steam just until open.
Prawns – Med. or Large	500gms, in the shell	12 - 16	Steam just until pink.
Scallops, shelled	500gms	12 - 16	Steam just until hot and tender

Poultry.

To steam chicken and poultry using your VitaSteam Deluxe, the following are some handy hints:

1. Select pieces of poultry of similar size for even cooking.
2. Arrange poultry in a single layer, to facilitate even cooking.
3. Removal of fat and the removal of skin is recommended.
4. If some colour is desired, brown poultry well in a non-stick frypan before steaming.
5. Steam until well done. Check by piercing the thickest part of the poultry. If the juices run clear, it is cooked.

POULTRY: Guide to Steaming Time.

TYPE	QUANTITY	APPROX. TIME IN MINUTES	SUGGESTIONS
Breast, on Bone	250gms (2 pieces)	38 - 41	Flesh side down.
Drumstick	500gms (4 pieces)	33 - 36	Thickest part to outside of Steamer tray.
Thighs, on Bone	500gms (4 pieces)	33 - 36	Thickest part to outside of Steamer tray.
Poached Breast Boneless	500gms (2 pieces)	42 - 45	Poach in Rice Cooker bowl.
Chicken, whole	1.3kg	50	
Duck, pieces	500gms (4-6 pieces)	47 - 50	Remove all visible fat
Quail, whole	500gms (6 pieces)	22 - 25	
Whole breast fillet	200gms (1 side of breast)	38-45	

Eggs.

The following are some handy hints for cooking eggs in the VitaSteam Deluxe:

1. The Steamer is ideal for boiling, poaching or scrambling eggs.
2. Using the Steamer tray, eggs may be cooked in the shell or cracked into individual size heatproof dishes.
3. Scrambled eggs may be prepared in the rice cooker bowl.
4. Large eggs will require slightly longer cooking times.

EGGS: Guide to Steaming Time.

TYPE	QUANTITY	APPROX. TIME IN MINUTES
Soft Boiled	1 - 12	7 - 10
Hard Boiled	1 - 12	7 - 10
POACHED Crack 1 - 6 eggs into well greased ramekin dishes or small cups and place into Steamer. Cover and steam.		12 - 15
SCRAMBLED Beat together 6 eggs and $\frac{1}{4}$ cup milk in rice cooker bowl. Season with salt and pepper. Stir eggs 2-3 times during cooking.		17 - 20

Guide to recipes.

The recipes in this book are a guide to the various types of food you can cook in your Sunbeam VitaSteam Deluxe.

Each recipe specifies if the Steamer tray or the rice cooker bowl should be used.

Under each recipe title there is a note of the approximate cooking time required. This may not always produce food cooked to your personal taste (over cooked/under cooked).

However, after you have used your Sunbeam VitaSteam Deluxe and experimented with it, you will be able to decide the exact time requirements to achieve results you wish.

Recipes.

VEGETABLES

Asparagus with Lemon & Butter

Approximate steaming time 12-16 minutes.

500g fresh asparagus spears

40g butter, melted (or 2 teaspoons olive oil)

2 tablespoons lemon juice

2 teaspoons finely chopped parsley

cracked black pepper

1. Arrange asparagus evenly in Steamer tray.
2. Place the lid on and set the timer.
3. Place asparagus onto serving platter, pour over melted butter, lemon juice, parsley and pepper. Serve at once.

Minted Tabouli Salad

Approximate steaming time 17-20 minutes.

1/4 cup cracked wheat

2 cups parsley sprigs

4 shallots, chopped

1/4 cup mint leaves, finely chopped

250g punnet cherry tomatoes, halved

juice of 3 lemons

1 tablespoon olive oil

1. Place cracked wheat and 1/2 cup of water into the Rice cooker bowl. Position the Rice cooker bowl, place the lid on and set the timer.
2. Cool cracked wheat. Add remaining ingredients and combine well.

Oriental Mixed Vegetables

Approximate steaming time 8-10 minutes.

250g broccoli, cut into flowerettes

250g snow peas, topped and tailed

1/2 cup bean sprouts

1/4 small cabbage, shredded

1 tablespoon grated ginger

1 clove garlic, crushed

1 tablespoon soy sauce

2 tablespoons honey

1 teaspoon chilli

1. Combine ingredients and place into the Rice Cooker bowl.
2. Position the Rice cooker bowl, place the lid on and set the timer.

Recipes.

Mushroom and Snow Pea Salad

Approximate steaming time 8-10 minutes.

500g snow peas, topped and tailed

250g mushrooms, sliced

juice of 1 lemon

125g pecans

1. Place snow peas and mushrooms into Steamer tray. Position the Rice cooker bowl, place the lid on and set the timer.
2. Remove snow peas and mushrooms. Once steamed, combine with lemon and pecans. Toss to combine. Serve chilled.

RICE AND PASTA.

Saffron Rice

Approximate steaming time 30 minutes.

1 cup in cooked white rice

2-3 threads of saffron, or pinch saffron powder (use 1/2 teaspoon tumeric if saffron is unavailable)

1 small onion, chopped finely

1. Place rice into the rice cooker bowl, combine colour (saffron or tumeric) with 1 cup of water. Pour over rice and add the onion.
2. Position the Rice cooker bowl, place the lid on and set the timer. Serve warm.

Wild Rice Salad.

Approximate steaming time 30 minutes.

1 cup uncooked wild rice

2 tomatoes, diced

6 shallots, sliced

1 stick celery, diced

1 teaspoon chopped mint

2 tablespoons white vinegar

2 tablespoons olive oil

salt & pepper to season

1. Place rice and 1 1/2 cups of water into the rice cooker bowl. Position the Rice cooker bowl, place the lid on and set the timer.
2. Toss with tomato, shallots, celery and mint. Chill.
3. Combine vinegar, oil and seasonings. Toss with rice just before serving.

Chicken & Pineapple Risotto

Approximate steaming time 28 minutes.

1 barbecued chicken

1 cup uncooked white rice

1 tablespoon butter

1 garlic clove, crushed

2 onions, chopped

1 x 425g can pineapple pieces, drained, juice reserved

1 cup chicken stock

2 tablespoons soy sauce

1/4 cup chopped parsley

black pepper

1. Remove skin from chicken, cut from bones and shred.
2. Place chicken and rice into the rice cooker bowl.
3. In a large saucepan, melt butter, fry garlic and onions until onions are transparent. Pour in 1/2 cup reserved pineapple juice, stock and soy sauce. Bring to boil. Pour over rice.
4. Position the Rice cooker bowl, place the lid on and set the timer.
5. Toss through parsley, pineapple pieces and black pepper before serving.

Recipes.

Tortellini with Tomato and Basil Sauce

Approximate steaming time 20 minutes.

500g fresh tortellini

750ml bottled tomato sauce

100ml chicken stock

2 tablespoons red wine

4 tablespoons fresh basil, chopped

2 tablespoons grated parmesan cheese

basil sprig for garnish

1. Place tortellini into the rice cooker bowl.
2. On stove top, bring tomato sauce, chicken stock and wine to the boil, pour over tortellini.
3. Position the Rice cooker bowl, place the lid on and set the timer.
4. Toss through basil and parmesan cheese. Garnish with basil sprig.

SEAFOOD.

Mussel and Tomato Soup

Approximate steaming time 17-20 minutes.

12 mussels

2 teaspoons oil

1 clove garlic, peeled and crushed

2cm piece ginger, peeled and grated

1 onion, peeled and sliced

1 stick celery, sliced

small capsicum, seeds removed, sliced

1 x 410g can tomatoes, pureed

2 tablespoons tomato paste

³/₄ cup dry white wine

¹/₂ cup water

1 teaspoon sugar

2 tablespoons finely chopped parsley

1. Wash mussels and remove beards.
2. Heat oil in a small pan, lightly saute garlic, ginger and onion.
3. Combine mussels, onion mixture and remaining ingredients into the rice cooker bowl and mix well. Position the Rice cooker bowl, place the lid on and set the timer.

Satay Prawns

Approximate steaming time 20-25 minutes.

1kg green king prawns, shelled and deveined

¹/₄ cup crunchy peanut butter

1 tablespoon soy sauce

juice of 1 lemon

1 tablespoon plum sauce

¹/₂ teaspoon chilli powder

1. Arrange prawns in the rice cooker bowl. Combine remaining ingredients and spread over prawns.
2. Position the Rice cooker bowl, place the lid on and set the timer.
3. After 12 minutes of steaming, stir prawns through the peanut mixture to combine. Cover and continue steaming.
4. Stir prawns again after steaming has completed. Serve with rice.

Bream with Pinenut Stuffing

Approximate steaming time 17-20 minutes.

1 whole bream, gutted and scaled

1 rasher bacon, rind removed and finely chopped

2 shallots, finely sliced

²/₃ cup white wine

¹/₂ cup breadcrumbs

2 tablespoons sour cream

juice of ¹/₂ lemon

fresh ground black pepper to taste

Recipes.

1. In a small saucepan lightly saute bacon and shallots. Add wine and simmer until nearly all the liquid has evaporated. Remove from heat.
2. Add breadcrumbs, pinenuts and sour cream. Stir to combine.
3. Place filling into fish cavity.
4. Place fish onto piece of greased foil and pour lemon juice and black pepper over fish. Cover with foil.
5. Place fish into Steamer Basket. Position the Rice cooker bowl, place the lid on and set the timer. Steam until the fish flakes easily with a fork.

Herb Salmon Cutlets

Approximate cooking time 28-30 minutes.

2 salmon cutlets

2 onions, thinly sliced

1 lemon, rind and juice removed

2 tablespoons chopped parsley

1 tablespoon chopped dill

black pepper

1. Lie cutlets in Steamer Basket. Arrange onion over cutlets. Sprinkle with lemon rind, juice, herbs and black pepper.
2. Position the Rice cooker bowl, place the lid on and set the timer.

POULTRY

Spicy Whole Chicken

Approximate steaming time 50 minutes.

1 x 1.3kg chicken

2 lemons, rind and juice removed

3 cloves garlic

2 teaspoons brown sugar

1½ teaspoons ground cummin

1 teaspoon tumeric

½ teaspoon cayenne pepper

1. Remove giblets, wash and pat dry chicken.
2. Place lemon rind and garlic, cloves inside the chicken. Position the chicken breast up in the Rice Cooker bowl.
3. Combine lemon juice, brown sugar, tumeric, cummin and cayenne pepper. Paint this mixture over the chicken using a pastry brush.
4. Position the Rice cooker bowl, place the lid on and set the timer.

Oriental Chicken

Approximate steaming time 40 minutes.

4 chicken pieces, skin removed

½ cup chutney

2 tablespoons soy sauce

2 tablespoons hoi sin sauce

2 teaspoons grated ginger

2 cloves garlic

1 teaspoon chilli sauce

½ teaspoon french mustard

½ teaspoon chinese 5 spice powder

100mls chicken stock

1. Place chicken in large bowl. Combine all other ingredients except stock. Pour over chicken, marinade 3-4 hours or overnight.
2. Place chicken into the Rice Cooker bowl. Position the Rice cooker bowl, place the lid on and set the timer.
3. Combine remaining marinade and chicken stock, bring to the boil on the stove top. Boil until thickened, taste and season.

Recipes.

Ginger Beef

Approximate steaming time 20-30 minutes.

2 pieces of rump steak, trimmed of fat

3 tablespoons marmalade

3 teaspoons grated root ginger

2 cloves garlic, crushed

1 teaspoon ground ginger

1 tablespoon wine vinegar

1. Mix together marmalade, root ginger, garlic, ground ginger and wine vinegar. Spread over sides of the beef. Cover and refrigerate for 2-12 hours.
2. Arrange steaks in the Steamer tray. Position the Rice cooker bowl, place the lid on and set the timer.

Honey & Mustard Lamb

Approximate steaming time 10-15 minutes.

4 lamb steaks, trimmed of fat

2 tablespoons sesame seeds

2 tablespoons mild mustard

1 tablespoon honey

2 tablespoons soy sauce

1. Mix together sesame seeds, mustard, honey and soy sauce. Spread over both sides of the lamb. Cover and refrigerate for up to 12 hours.
2. Arrange lamb in Steamer tray. Position the Rice cooker bowl, place the lid on and set the timer.

Honey & Mustard Pork

Approximate steaming time 10-15 minutes.

4 pork leg steaks, trimmed of fat

1/4 teaspoon allspice

1/2 teaspoon ground cinnamon

1/4 teaspoon cayenne pepper

1 tablespoon brown sugar

1 tablespoon soy sauce

3 tablespoons lemon juice

2 lemons sliced thinly

1. Place pork in a heavy plastic bag. Combine all remaining ingredients, except sliced lemon and mix well. Add to pork.
2. Place in refrigerator to marinate for up to 12 hours.
3. Remove pork from the plastic bag and place into the Rice Cooker bowl. Pour marinade around pork and place sliced lemon on top.
4. Position the Rice cooker bowl, place the lid on and set the timer.

Desserts.

Steamed Fruit Pudding

Approximate steaming time 2½ hours.

125g sultanas

125g chopped nuts

125g currants

125g dried apricots, chopped

1 cup plain flour

½ cup sugar

¼ teaspoon nutmeg

½ teaspoon mixed spice

¼ teaspoon cinnamon

120g butter, melted

2 eggs

100mls milk

¼ cup brandy, sherry or fruit juice

1. Combine fruits and dry ingredients in a large bowl, add all liquid to ingredients and mix well. Pour into a 1 litre basin or large bowl. Cover bowl with greased foil.
2. Position the Rice cooker bowl, place the lid on and set the timer.
3. After each 1 hour of steaming, check and refill the water reservoir.
4. Serve immediately. It is delicious with brandy custard.

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