

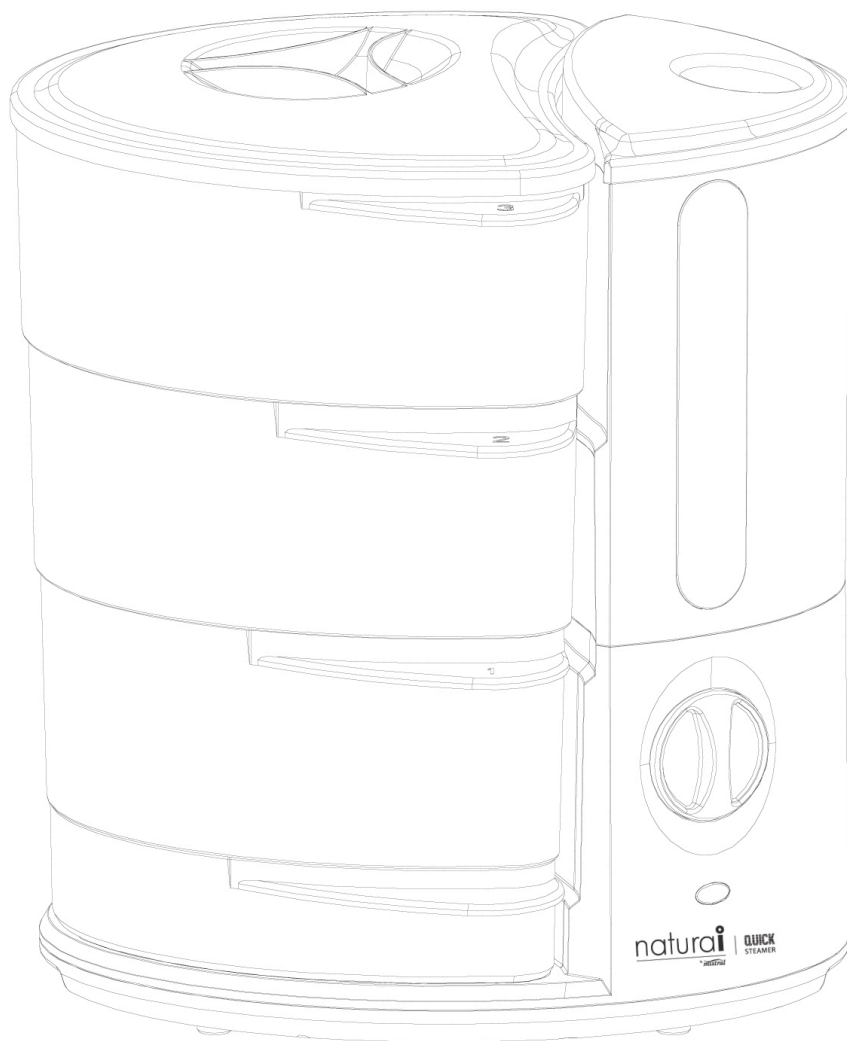
# naturai

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By *mistral*

## **Food Steamer**

### **USER'S MANUAL**



## **Quick Steamer**

Model: MFS223

## **Important Safety Instructions**

Read the instruction carefully before using the appliance. Save this manual carefully for future reference.

### **Warnings for your safety**

Any appliance you use, you must know the following precautions.

For the safety of you and your appliance, there are two directions in this instruction

### **Warning: Personal Safety**

#### **Precautions: Damage of Appliance**

Besides the above statements, we also provide the following ordinary suggestions of safety.

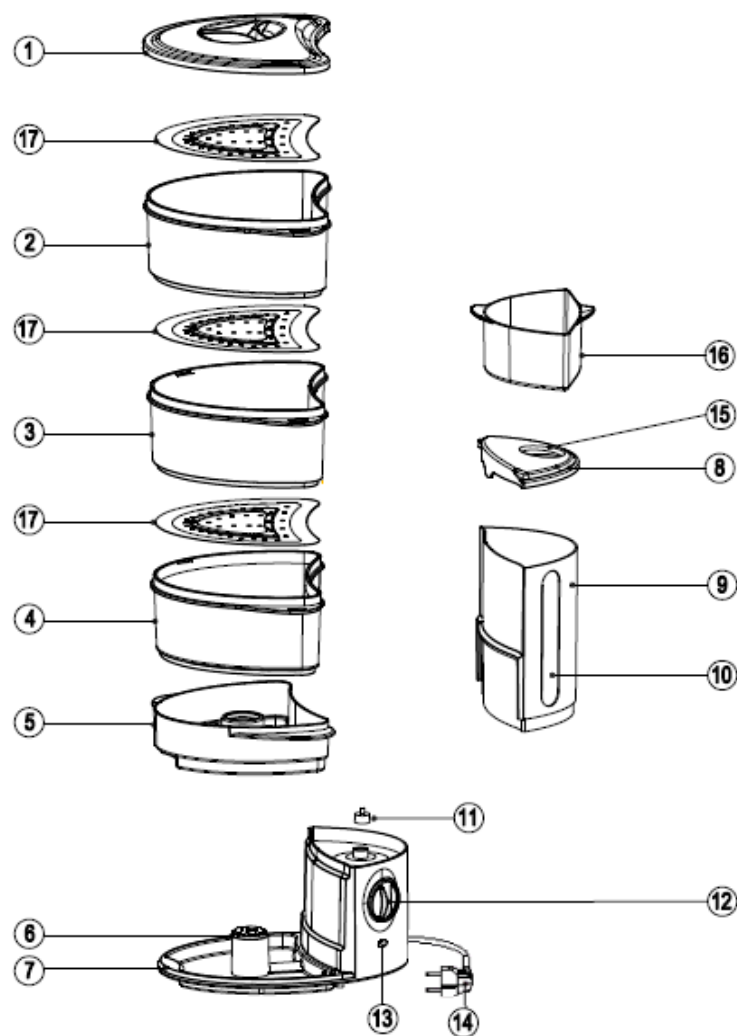
- To avoid burns, do not touch the hot surface of the appliance, use oven gloves or a cloth when removing lid and hot food after steam escape gradually.
- Do not immerse the power base, cord or plug into water or any other liquid. To prevent getting an electric shock or other dangers, do not wipe the plug with a damp cloth.
- Unplug the appliance before you store the appliance, assemble, disassemble and clean the components of the appliance.
- Do not pour in water beyond the maximum mark, because the overflowing water may get an electric shock on you.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agents or qualified electricians in order to avoid a hazard.
- To avoid much steam spurt to closet, do not put the appliance under the closet.
- This appliance is designed for domestic use only. It should not be used for commercial purpose.
- The main cord from socket to base body parts has not any deformed knot.
- Do not put the cord at the edges of table, position the appliance away from hot source.
- Do not lay the cord across active place, e.g. between the low socket and the table.
- Never use any accessories or parts which have not been specifically advised by manufacturer, as it may cause fires or other dangers.
- Highly precaution: Do not remove the lid to touch the food, boiling water or any other liquids when the temperature is still high.
- When removing the lid which faces your body, must be sure that the lid tilts towards your body.
- Do not place the appliance near a heat source or an oven.
- Do not use the appliance in wet or corrosive place.
- When the water in water tank is less than a cup of water, please do not use the appliance as it may be burned up.
- When in use, never come close to the steam vent behind the transparent lid, otherwise you may get burned.
- Before turning on the appliance, make sure that the drip tray and the basket(s) are properly assembled onto the power base to avoid scalding by the hot steam ejected from the Steam Vent.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- Children should be supervised to ensure that they do not play with the appliance.
- The voltage indicated on the appliance must correspond to the main voltage in your home before you connect the appliance.
- If you do not have the socket that fits the plug, have the socket replaced with the socket which is suitable for the plug of the appliance.

**Precaution:**

To avoid getting an electric shock or other dangers, do not touch the metal and do not pull out strongly when unplugging the appliance.

**Parts Description:**



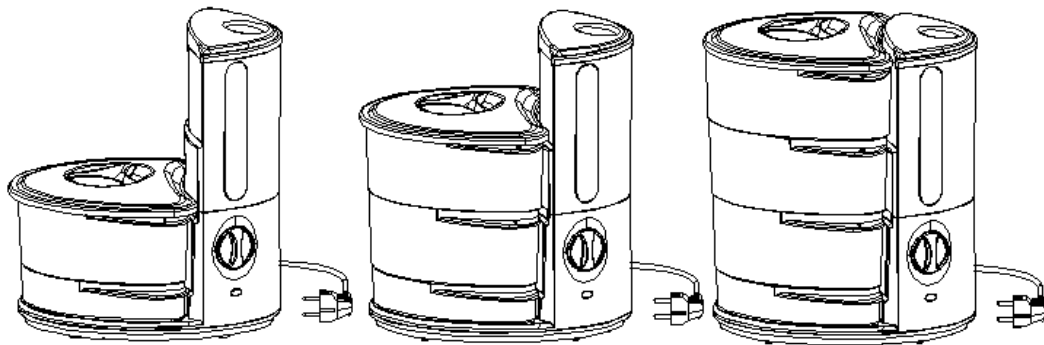
- |                            |                                 |                       |
|----------------------------|---------------------------------|-----------------------|
| 1. Basket Lid              | 2. Upper Basket                 | 3. Middle Basket      |
| 4. Lower Basket            | 5. Drip Tray                    | 6. Steam Vent         |
| 7. Power Base              | 8. Water Tank Lid               | 9. Water Tank         |
| 10. Water Level Gauge      | 11. Filter                      | 12. Timer             |
| 13. Power Indication Light | 14. Power Cord                  | 15. Water Refill Flap |
| 16. Steam Rice Bowl        | 17. Stainless Steel Basket Tray |                       |

**Before first use:**

Before the first use, thoroughly clean all the parts of the appliance except the power base.

**Appliance for use:**

1. Fill the water tank with pure water, do not add soups or other liquid to the water tank. The appliance is only suitable for adding cold water and never adds warm water to the water tank.
2. Before assembling the water tank onto the power base, check that the filter of the power base is not clogged.
3. Assemble the drip tray which is used to collect all kinds of liquid, e.g. gravies, sauces, soups and so on.
4. The stainless steel basket trays are universal and can be placed in any of the three trays. Make sure they are centered at the bottom of each tray.
5. Put foods in the steam baskets, and according to the quantities of food, you can use one layer or two layers or three layers.
6. Assemble the basket lid.
7. Plug in the appliance.
8. Refer to the cooking guides, set the timer for the recommended time to cook your foods. When the power indication light lights up, the appliance starts to work.
9. When the timer count-down finishes, the power indication light will go out, the timer will give a ring, the appliance will stop working. Then unplug the appliance, and remove the food or dishes when the baskets cool down 4~5mins.

**Combination Use:**

**One Steamer Basket:** Use one steamer basket to cook the same food (e.g. peeled potato). While putting the food in the steamer basket, do not let the foods block the holes at the bottom of the basket to prevent the steam from flowing.

**Two Steamer Baskets:** Place the larger quantities of food with more cooking time in the lower basket; put the easily cooking food in the upper basket. But the soups can drip from the upper basket. Make sure that do not affect the flavors of the food.

**Three Steamer Baskets:** Always place the largest pieces of food with the longest cooking time in the lowest basket. Steaming time for foods in the top basket is usually slightly longer, because the foods in the top basket need longer time to reach temperature.

If you cook different kinds of foods at the same time, you must put the food with the longest cooking time in the lower basket, e.g. if you cook meat, fish or poultry and vegetables together, always put the meat, fish or poultry in the lower basket so that the liquid from the meat, fish or poultry which are still raw or have been processed flows to other foods.

### Adding more water

Adding more water if the appliance has worked long time.

Through the water refill flap, use a suitable adding water device to add more water to the appliance.

### Steam rice

This appliance has a special steam rice bowl used and can let taste the delicious steamed rice.

1. Place rice and water in the rice container.
2. Put the rice container in which has rice and water in the steam basket.
3. Process the rice, according to the detailed processes.

### Remove the steamer basket or hot food

1. Open the basket lid to release the residual steam in the basket after steaming
2. After all steam is released, use oven gloves or a cloth to remove the lid or the hot foods.

### **Cooking Guides:**

- Put meat in the lowest layer.
- It takes less time when you use a single basket than when you use two baskets or three baskets. It needs more time when the quantity of the food is larger.
- For optimal results, be sure pieces of food are similar in size. If pieces vary in size, layering is required. Place smaller pieces on top.
- Do not fill the steamer basket or steamer bowl with foods too much fully, and make the spacing between foods and foods as possible as you can so that plenty of steam can flow freely.
- To avoid water drops fly, always use drip tray.
- Never steam meat, poultry or seafood from frozen. Always completely first.
- The time stated in the following table is just a guide. Times may vary depending on the size of food pieces, space of the food in the steamer baskets, the quantities of the food, freshness of food and personal preference.
- The times in the following table are decided by the food in the lowest basket. It needs to add more water by the method stated in the instruction if the processed time is long.
- When reaching the recommended time, the timer will go out automatically. It needs to reset again before use the appliance again.

Food kinds	Weight	Lower basket	Middle basket	Upper basket
Rice	200g	26 mins.	27 mins.	28 mins.
Fish	400g	11 mins.	12 mins.	13 mins.
Poultry	400g	8 mins.	9 mins.	10 mins.
Beef	350g	7 mins.	8 mins.	9 mins.
Vegetables	250g	5 mins.	6 mins.	7 mins.
Eggs	5PCS	10 mins.	11 mins.	12 mins.

## Cleaning & Maintenance:

**Precaution: Before cleaning the appliance, let the food steamer cool down completely, turn off the timer then unplug the appliance. Do not immerse the power base, cord and plug into water or any other liquid. Check and clean the filter regularly.**

### Steamer Basket, Lid & Drip Tray

Clean them in dishwasher (in the top frame). After washing with hot soapy water, rinse them with clean water and dry them thoroughly. Do not clean in dishwasher as the parts may be scratched.

### Filter

Use tongs or long nose pliers to take out the filter for cleaning.

### Power Base

Use a damp cloth to clean the power base and then dry it by a soft cloth. Do not clean it in dishwasher.

## Useful Hints:

1. For high altitude cooking, steaming times may need to be increased. Exact times vary by location.
2. Steaming times may vary depending on the size of the food pieces, spacing of the food in the steaming bowl, freshness of the food, and personal preference. As you become familiar with the quick steamer, adjust cooking times.
3. For best results, be sure pieces of food are similar in size. If pieces vary in size and layering is required, place smaller pieces in top.
4. Do not crowd food in the steaming bowl or Rice bowl. Arrange the food with spaces between pieces to allow for maximum steam flow.
5. Steam leafy green vegetables for the shortest possible time as they lose colour easily.
6. Frozen fish may be steamed without defrosting if separated before steaming and cooking time is extended.

# RECIPES

## PESTRO STEAMED SALMON FILLETS for 2 person

### Ingredients:

- 1 medium yellow onion, sliced into rings
- 2 center-cut salmon fillets
- 2 tablespoons jarred pesto, sea salt and pepper to taste
- 3-4 cups fresh baby spinach
- 1 yellow lemon, sliced into wheels

### Method:

1. Fill water tank with water.
2. Arrange onions and salmon fillets in the bottom steamer basket.
3. Spread each salmon fillet with a tablespoon of pesto.
4. Season with salt and pepper.

5. Place a lemon wheel on top of each salmon fillet.
6. Cover steamer and set timer to 6 minutes.
7. Steam for 4 minutes then add the spinach to the remaining steamer basket(s) for the last 2 minutes of steaming.
8. When steaming is complete, test for desired doneness then season again with salt and pepper.
9. Serve immediately with remaining lemon wheels and additional pesto.

## **SALMON STEAKS WITH FENNEL for 2~3 person**

### **Ingredients:**

- 4 salmon steaks (150g each)
- 4 tablespoons fennel seeds
- ¼ cup butter
- Sea salt and pepper to taste
- Lemon juice to taste

### **Method:**

1. Fill water tank with water.
2. Season the salmon steaks with salt and pepper.
3. Sprinkle them with fennel.
4. Steam for 6-10 minutes.
5. Separately melt the butter and add lemon juice.
6. Carefully remove the skin from the cooked salmon.
7. Served basted with melted butter and lemon juice.

## **BROCCOLI WITH CASHEWS and LEMON for 4 person**

### **Ingredients:**

- 450g broccoli florets
- 1 teaspoon lemon zest
- 2 teaspoons fresh lemon juice
- 2 tablespoons unsalted butter, melted
- ¼ teaspoon crushed red pepper
- Sea salt and pepper to taste
- ¼ cup cashews, crushed

### **Method:**

1. Fill water tank with water.
2. Place broccoli in the steamer basket.
3. Cover steamer and set timer to 4 minutes.
4. Steam for 3-4 minutes or until just tender.
5. In a bowl, combine remaining ingredients, except cashews.
6. Remove broccoli from steamer and drain on a towel.
7. Transfer broccoli to the bowl and toss gently to coat.
8. Sprinkle with cashews and serve immediately.

## BOK CHOY for 3-4 person

### Ingredients:

- 4-5 Bok choy, cut in half
- 1/2 teaspoon granulated sugar
- 1 tablespoon soy sauce
- 1 garlic clove, minced
- 1-2 slice of fresh ginger
- 1/4 teaspoon crushed red pepper

### Method:

1. In a bowl, combine all ingredients, except bok choy, whisk until the sugar has dissolved then set aside.
2. Fill water tank with water.
3. Place bok choy in the quick steamer basket.
4. Cover steamer and set timer to 5 minutes.
5. Steam for 3-4 minutes or until the whites of the stems are tender.
6. Remove bok choy to a serving plate.
7. Drizzle with sesame dressing and serve immediately.

THIS APPLIANCE IS STRICTLY FOR HOUSEHOLD USE ONLY

Customer Service Hotline:

(65) 6346-5233 (Monday to Friday 8:30am – 6:00pm)

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