

# TOASTLESS®

## STAINLESS STEEL FOOD STEAMER & RICE COOKER



### Instruction Booklet

Model: TV347

# IMPORTANT SAFEGUARDS

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

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

## SAVE THESE INSTRUCTIONS

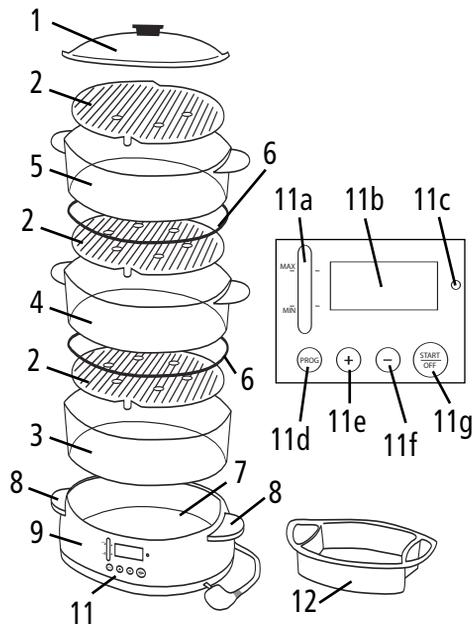
### HOUSEHOLD USE ONLY

## POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

## DESCRIPTION OF PARTS

1. Cover
2. Steaming Bowl Partitions (3)
3. Small Steaming Bowl #1 (3.4 litre/quart capacity)
4. Medium Steaming Bowl #2 (3.6 litre/quart capacity)
5. Large Steaming Bowl #3 (3.8 litre/quart capacity)
6. Bowl Separator Rings
7. Drip Tray
8. Water Refill
9. Base/Water Reservoir
10. Heating Element
11. Control Panel
  - a) Water Level Window
  - b) Display Window
  - c) Indicator Light
  - d) Program Button
  - e) '+' Button
  - f) '-' Button
  - g) Start/Off Button
12. Rice Bowl



## BEFORE FIRST USE

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

## HOW TO USE

### Steaming Bowls

The Steaming Bowls can be used in different ways:

#### Single level (one bowl):

- a. Use Steaming Bowl #1.
- b. Place food in Steaming Bowl.
- c. Place on the Drip Tray.
- d. Cover.

#### Single level (2 or 3 bowls) for larger items (eg. Corn on the cob),

- a. Place the Small Steaming Bowl #1 on the Drip Tray.
- b. Place one of the Bowl Separator Rings on top of Bowl #1.
- c. Remove the Steaming Bowl Partition from the Medium Steaming Bowl #2.
- d. Place Steaming Bowl #2 on top of the Small Steaming Bowl #1. **NOTE:** If you require additional height, add the second Bowl Separator Ring on Steaming Bowl #2. Remove the Steaming Bowl Partition from Steaming Bowl #3 and place Steaming Bowl #3 on top of Steaming Bowl #2.
- e. Cover.

**NOTE:** To remove the Partition, place the Steaming Bowl upside down on a flat surface. Gently push the long side of the Steaming Bowl outward and the Partition will fall out.

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

- a. Place food in Steaming Bowls. **NOTE:** The items that need the longest steaming time should be placed in the Small Steaming Bowl #1.
- b. Place the Bowl Separator Ring over Steaming Bowl #1 and place the Medium Steaming Bowl on top of the Steaming Bowl #1.
- c. If you want to use a third level add the Bowl Separator Ring and Steaming Bowl #3.
- d. Cover.

## How to Steam

1. Place Steamer on a level surface close to a 120 volt A.C. outlet.  
**NOTE: DO NOT** place under wall cabinets.
2. Fill the Water Reservoir with the maximum amount of cold water (See marking on Water Level Window). Any excess water can be emptied out at the end of the steaming cycle. If more than 60 minutes of steaming is required and water is not visible in the Water Level Window you can add water, without removing the Steaming Bowls, by pouring through the openings in the Handles on either side of the Drip Tray. **DO NOT** fill past the MAX mark on the Water Level Window. **NOTE:** The maximum amount of water is 1.1 litre/quart.  
**IMPORTANT: DO NOT** add salt, pepper, seasonings, etc. or liquids other than water to the Base.
3. Place the Drip Tray over the Base/Water Reservoir.
4. Place the Steaming Bowl(s) on the Drip Tray. **NOTE:** Steaming Bowl #1 must be used on the bottom level, Steaming Bowl #2 in the middle and Steaming Bowl #3 on the top level.
5. Plug unit into wall outlet. "00.00" will be displayed in the Display Window.
6. There are 8 cooking programs available. Please see the chart on page 6. Choose the desired program number by pressing the '+' or '-' Buttons. Press the Start/Off Button. The pre-set time will be illuminated in the Display Window and begin to countdown. The Indicator Light will be illuminated.
7. When the cooking time is completed '00:00' will be displayed in the Display Window and Steamer will beep 4 times indicating that the pre-programmed cooking time is complete.
8. To use the manual time setting, press the '-' Button and 8 will appear in the Display Window. Press the Start/Stop Button and the left digit will be flashing. Press the '+' sign to set the time in increments of 10 minutes or press the '-' Button and the right hand digit will be flashing. Press the '+' Button to increase the time in one minute increments. Press the Start/Off Button and the Indicator Light will illuminate and the time will begin to count down.  
**NOTE:** The maximum amount of time that can be set is 60 minutes.

Program Number	Type of Food	Preprogrammed Time (in minutes)
1	Rice	33
2	Chicken	30
3	Fish	26
4	Eggs	23
5	Prawns	21
6	Vegetables	35
7	Fruits	20
8	Miscellaneous	Manual

## Delay Start

**NOTE:** To use the delay start feature you must add the time of the program you select to the amount of time you want to delay. (Example: If you want to cook on program #6 in 30 minutes, the time entered should be 35 minutes + 30 minutes, 1 hour and 5 minutes).

1. Press the 'PROG' Button. Press the '+' Button to set the flashing '0' position. To change the flashing '0' position press the '-' Button.
2. Once the time has been set, press the 'PROG' Button then press the '+' Button to choose the program number. **NOTE:** You cannot use program 8 in the Delay Start mode.
3. Press the 'Start/Off' Button once.
4. The time will begin to count down and the Steamer will start to heat when the timer has reached the preset program time.
5. When cooking has completed the Display Window will show '00:00' and the steamer will beep 4 times to indicate that cooking is complete.

## HELPFUL HINTS

1. Steam cooking times will vary depending on the size and amount of food being cooked and the desired degree of doneness. Use the Steaming Charts as a guide but experiment with this healthy method of cooking by varying the cooking times. This will help you to obtain the best results to suit your taste.
2. Smaller pieces of food cook faster than larger pieces; a single layer steams faster than several layers and foods of uniform size will steam more evenly.

3. Foods with longer steaming times should be placed on the lower level in the small Steaming Basket. Once these foods are partially cooked, remove the Cover and add the other Steaming Bowls, if required.
4. Arrange food with spaces between pieces to allow for maximum steam flow.
5. When steaming large quantities of food, stir halfway through cooking.
6. Juices from meat or poultry should not drip onto other foods. Never place meat or poultry in the Medium or Large Steaming Bowls above other foods.
7. **DO NOT** steam frozen meat, poultry or seafood.

## STEAMING GUIDES

### Vegetables

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

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

Vegetable	Weight lb. (kgs.)	Steaming Time (minutes)
Potatoes, small, whole	1 lb. (450 g)	30 – 32
Rutabaga, small dice	1 lb. (450 g)	28 – 30
Spinach	1/2 lb. (25 g)	12 – 14
Squash, Acorn/Butternut, sliced	1 lb. (450 g)	22 – 24
Turnips	1 lb. (450 g)	20 – 22
Frozen Vegetables	1 lb. (450 g)	18 – 20

## Fish and Seafood

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

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

## Rice

1. Fill the Base with the maximum amount of water.
2. Place the Drip Tray then the Steamer Bowl on the Base.
3. Add rice, water, broth and spices to Rice Bowl. See the Rice Steaming Guide for quantities of rice and water or check package directions.

4. Place the Rice Bowl inside the Steamer Bowl. Cover.
5. Plug into the wall outlet and set the Timer.

#### NOTES:

1. There are many types of rice. Follow specific package directions for quantities of water and rice. Use the chart below as a guide.
2. For a softer rice increase the amount of water. For a firmer rice decrease water.
3. Check doneness and consistency of rice at the minimum time specified for each type, stirring at the same time. **NOTE:** Use oven mitts when removing cover and stirring rice.
4. When checking doneness of rice, be sure that the condensation from the Cover does not fall into the Rice Bowl.

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

#### Meat and Poultry

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

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

## Eggs

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

### Directions for:

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

## CARE AND CLEANING

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

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

4. For compact storage, place the Rice Bowl inside the small Steaming Bowl then stack the large, medium and small Steaming Bowls inside one another. Place the Separator Rings and Cover on top of the stack.

## RECIPES

### Oriental Chicken and Vegetables

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

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

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

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

Makes 4 servings.

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

## Lemon Shrimp

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

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

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

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

Makes 4 servings.

## Salmon Steaks With Dill

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

Season salmon steak with salt and pepper. Sprinkle with dill. Place in the steaming bowl, cover. Steam for approximately 15 minutes. Serve with lemon wedge.

Makes 4 servings.

## Steamed Fish

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

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

Makes 2 servings.

## Rice Pilaf

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

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

Makes 4 servings.

## Descaling

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

1. Pour 2 cups (500 ml) of clear vinegar into the Base/Water Reservoir. Fill up to the maximum fill mark on the Water Level Window with water.  
**DO NOT** use Drip Tray, Steaming Bowls or Cover.
2. Plug in and set Timer for 20 minutes.
3. When Timer rings, unplug unit from outlet and allow to cool completely.
4. Empty the Base/Water Reservoir.
5. Rinse with cool water several times. Wipe with a damp cloth. Dry.  
**IMPORTANT: NEVER IMMERSE THE BASE IN WATER OR ANY OTHER LIQUID.**

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

## LIMITED WARRANTY

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

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

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

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

# TOASTESS®

## TOASTESS INTERNATIONAL

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\* Return/exchange policies at each retailer vary and may differ from the Toastess International 1 year limited warranty period.