



# **Operating Instructions**

## **Microwave Cookware**

### **Brand:TVICA-1**



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## Operating Instructions Microwave Cookware brand TVICA-1

### IMPORTANT SAFETY PRECAUTIONS & WARNINGS!!

Your safety and the safety of others are of utmost importance. To avoid burns, electric shock, fire, and injury, please:

1. Read all instructions before using the product.
2. Strictly follow the all instructions of your microwave oven.
3. NEVER wash the metallic pan with your hands. The edges are sharp! Use supplied brush.
4. CAREFUL! Metal pan is hot. Let cool down and remove with oven mitts.
5. DO NOT allow children to operate microwave cookware without adult supervision.
6. DO NOT use this cookware if the glass or rubber silicone lining is cracked or broken.
7. DO NOT leave any metal in the pan while cooking.
8. DO NOT leave the Pyrex pan empty during cooking.
9. ALWAYS make sure there is water in the pan before cooking.
10. Some foods, such as whole eggs or food sealed with paper or plastic material may explode while cooking.
11. To reduce the risk of fire in the microwave oven:
  - (a) DO NOT forget remove any paper, plastic packages prior cooking in this cookware.
  - (b) DO NOT forget to add clean water to the glass pan prior to cooking.
  - (c) To reduce risk of fire, DO NOT overcook food. For certain food, it may be helpful to put the cover on while cooking.
  - (d) DO NOT use the cookware for storage purpose. Do not leave it in the microwave oven when not in use.

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### 1. Product List

(1)Pyrex Pan & Cover	1 set
(2)Metallic Pan with Protection Ring	1 set
(3)Metallic Brush	1 set
(4)Vented Susceptor Disk	10 sheets
(5)Operating Instructions	1 set

### 2. Operation Procedure:

1. Spray or coat the metallic pan with thin layer of cooking oil to keep food from sticking to the pan.
2. Pour a quarter cup (80-100 c.c. app.) of clean water in the Pyrex pan and immerse a wet paper towel (optional) in the water.
3. Put food in the metallic pan. Place the Pyrex cover on top of the metallic pan if necessary.

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### 2. Operation Procedure:

1. Spray or coat the metallic pan with thin layer of cooking oil to keep food from sticking to the pan.
2. Pour a quarter cup (80-100 c.c. app.) of clean water in the Pyrex pan and immerse a wet paper towel (optional) in the water.
3. Put food in the metallic pan. Place the Pyrex cover on top of the metallic pan if necessary.

4. Place the cookware in the center of the microwave, making sure it doesn't touch the edges of the microwave.
5. Power and cook time varies between different microwaves. Experiment and set the "Power" and "Cook Time" according to the recipe and your own experience.
6. Press "Start" to cook.
7. Remove the hot cookware with oven mitts. Let stand 1-2 minutes before serving.
8. Clean the metallic pan cookware with supplied brush, remove the waste paper towel and wash in dishwasher.

### Typical Recipes for Microwave Cooking with Cookware brand TVICA-1

#### (1) Barbeque Beef/Pork Ribs

1. Marinate 3-5 pieces clean short rib (6-7oz) in sauce (finely chopped onion, lemon juice and garlic powder) for 2 to 4 hours.
2. Drain short ribs, reserving marinade.
3. Coat a layer of honey molasses, salt and black pepper.
4. Place in metallic cookware pan.
5. Cook for 4-5 minutes on High power.
6. Optional: after cooking, check the meet meat internal temperature, making sure its internal temperature has reached above170° for food consumption safety.



### *(2) Juicy Broiled Chicken Wings*

1. Marinate 3-5 pieces clean chicken wings (6-7oz) in sauce (finely chopped onion, lemon juice and garlic powder) for 2 to 4 hours.
2. Drain chicken wings, reserving marinade.
3. Coat a layer of honey molasses, salt and black pepper.
4. Place in metallic cookware pan.
5. Cook for 4-5 minutes on High power.
6. Optional: after cooking, it is best to check the internal temperature of chicken wings, making sure it has reached safety level for food consumption, which is equal or above 170°F.



### *(3) Crispy Bake Pizza*

1. Lay down a frozen 6-7" personal serve pizza on cookware.
2. Insert a silver color vented susceptor disk between the pizza bottom crust and the metallic cookware pan.
3. Cook for 4-5 minutes on High power.
4. Pizza is ready when cheese is melted.
5. Let stand for 1-2 minutes before serving.



### *(4) Grilled Fish Fillets*

1. Clean and prepare half a pound of fish.
2. Slice into fillets approximately ¼ inches thick.
3. Marinate fish in sauce (finely chopped onion, fresh ginger and garlic powder mixed) in half hours.
4. Drain fish while reserving marinade.
5. Rub with a layer of salt, black pepper and breadcrumbs on both sides of fillet.
6. Put prepared fish fillets in metallic cookware pan.
7. Cook for 4½-5½ minutes on high power.
8. Optional: To ensure food consumption safety, check its internal temperature after cooking, equal or above 170 °F is recommended.



### *(5) Even Simmer of Frozen Steak*

1. Place two frozen sirloin steaks (6-7 oz.) on the metallic pan.
2. Cook for 4-5 minutes on Medium power.
3. Steak is cooked when an internal temperature of 140-155 °F is reached and juices run clear.
4. Let stand for two minutes before serving.

