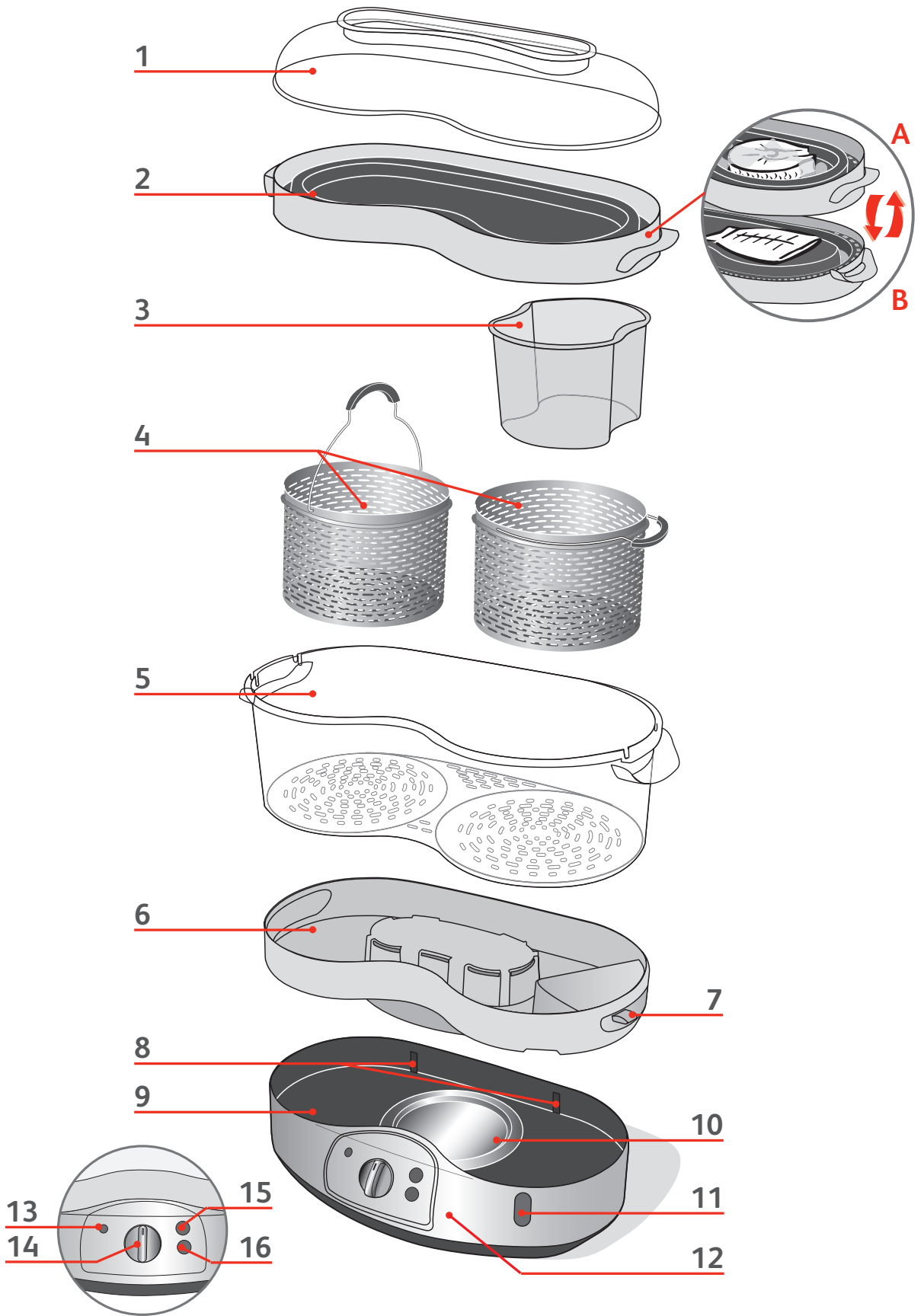


Tefal®

VITACUISINE steamer 3 in 1





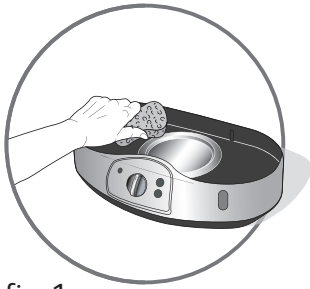


fig. 1



fig. 2

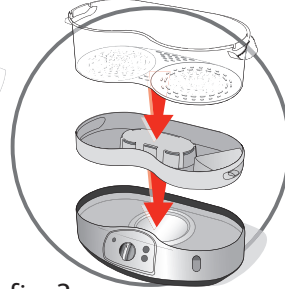


fig. 3

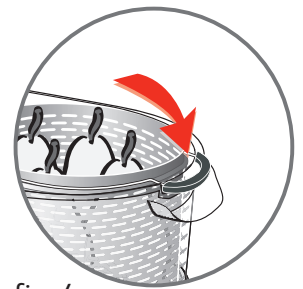


fig. 4

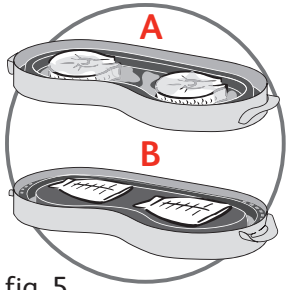


fig. 5

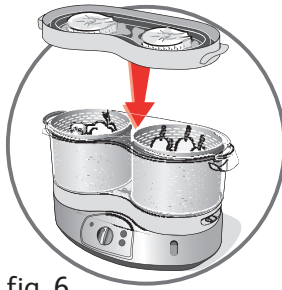


fig. 6

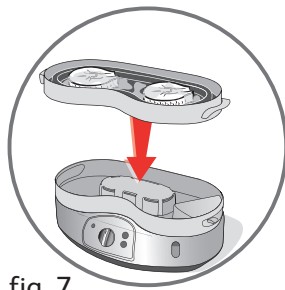


fig. 7



fig. 8

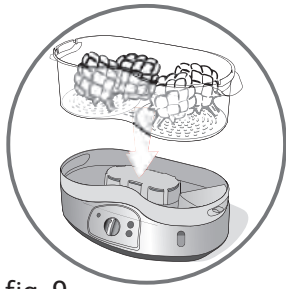


fig. 9

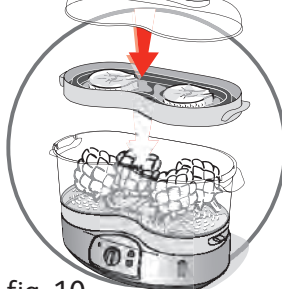


fig. 10

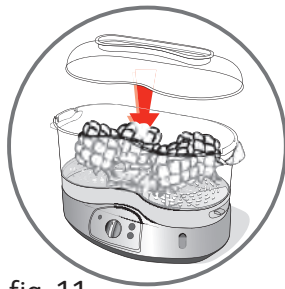


fig. 11

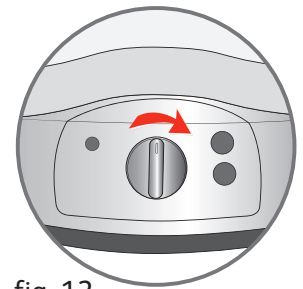


fig. 12

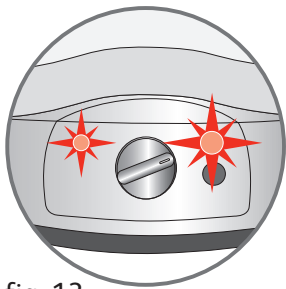


fig. 13



fig. 14



fig. 15



fig. 16

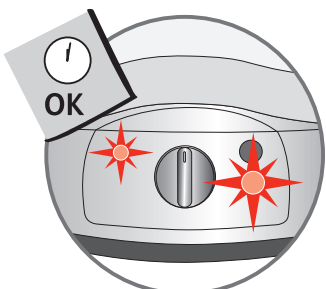


fig. 17

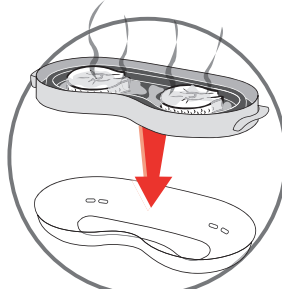


fig. 18

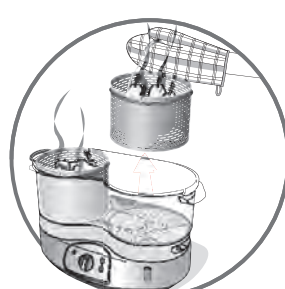


fig. 19

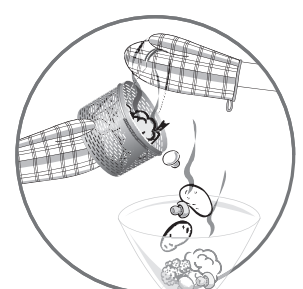


fig. 20

Important recommendations

Read and follow the instructions for use. Keep them for future use..

Safety instructions

- This appliance complies with the safety regulations and directives in effect at the time of manufacture.
- Check that the power supply voltage corresponds to that shown on the appliance (alternating current).
- Given the diverse standards in effect, if the appliance is used in a country other than that in which it is purchased, have it checked by an approved service centre.
- This appliance is designed for domestic use only. In case of professional use, inappropriate use or failure to comply with the instructions, the manufacturer accepts no responsibility and the guarantee does not apply.

Connecting to the power supply

- Do not use the appliance if the appliance or the cord is damaged, if the appliance has fallen or shows visible damage or does not work properly. In the event of the above, the appliance must be sent to an approved Service Centre. Do not take the appliance apart yourself.
- Always plug the appliance into an earthed socket.
- Do not use an extension lead. If you accept liability for doing so, only use an extension lead which is in good condition, has an earthed plug and is suited to the power of the appliance.
- If the power supply cord is damaged, it must be replaced by the manufacturer, an authorised service centre or a similarly qualified person in order to avoid any danger.
 - Do not leave the cord hanging.
 - Do not unplug the appliance by pulling on the cord.
 - Always plug the appliance into an earthed socket.
 - Always unplug the appliance immediately after use ; when moving it ; prior to any cleaning or maintenance.

Using

- Use a flat and stable, heat resistant work surface, away from any water splashes.
- Never leave the appliance in operation unattended. Keep away from children.
- Burns can occur by touching the hot surface of the appliance, the hot water, the steam or the food.
- Do not touch the appliance while it is producing steam and use a cloth or oven glove to remove the lid, rice bowl and steam bowl.
- Do not move the appliance when it is full of liquids or hot food.
- Do not place the appliance near a heat source or in a hot oven, as serious damage could result.
- Never immerse the appliance in water!
- Do not place the appliance near a wall or a cupboard - the steam produced by the appliance can cause damage.

HELPLINE

If you have any product problems or queries, please contact our Customer Relations Team first for expert help and advice:

0845 602 1454 - UK (01) 6774176 / (01) 4751947 - Ireland
or consult our website: www.tefal.co.uk

Benefits of steam cooking

Welcome to the world of Tefal steam cooking! ---

Healthier, more nutritious dishes may easily be prepared by steaming and the results are colourful and naturally flavoursome. The true versatility and benefits of steaming can now be explored.

--- Your Tefal steamer is suitable for most foods and a surprising variety of recipes.

+ **BALANCED NUTRITION**

The VitaCuisine steamer allows you to prepare a tasty and well balanced meal in one easy step. Thanks to the individual baskets and cooking tray, vegetables, rice, fish, meat, fruits and desserts can be cooked simultaneously.

+ **PRESERVING VITAMINS**

The steamer's gentle yet quick cooking system retains more vitamins and micronutrients.

+ **LESS FAT**

Steam cooking is ideal for fish, chicken and lean meat. The specific cooking tray helps retain the essential fat, Omega 3. in oil-rich fish like salmon, sardines, mackerel, trout, herring, and fresh tuna.

+ **MORE FRUITS AND VEGETABLES**

The steaming process is easy and efficient. Steaming can help to increase your daily consumption of fruit and vegetables.

Now you are ready to create a delicious and well-balanced meal in one.

Get steaming!

Description ---

- | | |
|--|---------------------------------|
| 1. Lid | 8. Interior maximum water level |
| 2. Reversible cooking plate * | 9. Water tank |
| a. side for cooking with sauce or juice | 10. Heating element |
| b. side for steam cooking | 11. Exterior water level gauge |
| 3. Rice bowl* | 12. Power base |
| 4. Steam baskets | 13. On / off light |
| 5. Maxi capacity bowl | 14. 60-minute timer |
| 6. Juice collector | 15. Vitamin + touchpad |
| 7. Exterior water refill inlet during cooking | 16. Keep warm touchpad* |

* depending on model

Using your Vitacuisine

Before first use

- Clean the water tank with a damp soft cloth - fig.1.
- Wash all the removable parts using a sponge, warm water and washing up liquid, rinse and dry carefully.

Do not immerse the water tank in water when cleaning.

Filling the water tank

Do not use seasoning or any other liquid other than water in the water tank.

Check that there is water in the water tank before using the appliance.

- Pour the water directly into the water tank, up to the maximum level - fig.2.
- Place the juice collector on the tank until firmly in place.
- Place the maxi capacity bowl on the juice collector - fig.3.
- Use fresh cold water with each use and check the water is up to the maximum level.

Positioning the steam basket(s)

- Place the food in the basket(s).
- Place the basket(s) in the maxi capacity bowl and fold the handle(s) in the notches - fig.4.
- Put the lid on.

So as not to scald yourself with the steam from the lid, preferably place the steam holes towards the back.

Positioning the reversible cooking plate*

The cooking plate (using side A only) can be used without the maxi capacity bowl. Place it directly on the juice collector - fig.7.

- Use face A of the cooking plate for meals with sauce or food that releases a lot of cooking juices, and face B for cooking without sauce or cooking juices - fig.5.
- Place the cooking plate on the maxi capacity bowl - fig.6.
- Put the lid on.

To cook rice

You can cook rice.

- Put the rice and the water in the rice bowl (see the table of cooking times). - fig.8.
- Place the rice bowl in a steam basket or in the maxi capacity bowl.

Cooking without baskets

For a maxi capacity, you can cook without the baskets.

- Remove the baskets.
- Place food in the maxi capacity bowl.
- Put the maxi capacity bowl on the juice collector - fig.9.
- Put on either the cooking plate and the lid - fig.10 or just the lid - fig.11.

Cooking

Choose the cooking time

- Plug the appliance in.
 - Set the timer for the recommended cooking times (see table of cooking times) - fig.12.
 - The on / off light and the VITAMIN+ touchpad light comes on and the steam cooking begins.
- Do not touch the appliance or foods during cooking as they will be hot.**

Using the VITAMIN + touchpad

You can manually stop the VITAMIN+ program if you press on the illuminated touchpad. Use oven gloves when handling the baskets during cooking time.

- Exclusive: your appliance is fitted with a "VITAMIN+" touchpad which reduces cooking time for a better vitamin retention.
- At the start of cooking, the light comes on automatically - fig.13. This allows a faster start to cooking, thanks to a bigger steam output.
- The VITAMIN+ touchpad light goes out automatically as soon as the quantity of steam is sufficient for cooking.
- If you open the lid (e.g.: if adding more food) you can press the VITAMIN + touchpad again to quickly return the steamer to the ideal temperature - fig.14.

During cooking

- Check the water level during cooking using the external water level indicator.
 - If necessary, slowly add more cold water through the exterior water inlet - fig.15.
 - To stop the appliance ahead of time, turn the timer to the 0 position - fig.16.
- When there is no more water in the water tank the appliance stops cooking.**

Keep Warm*

Check that there is always water in the water tank during keep warm.

- At the end of cooking, a signal sounds: food is ready.
- The keep warm function starts automatically - fig.17.
- The appliance keeps food warm for up to 60 minutes.
- Press the keep warm touchpad to stop the appliance.

Removing food from the steam baskets

- Lift the lid by the handle.
- Put the cooking plate on the turned over lid - fig.18.
- Remove the steam baskets using the handles - fig.19.
- Serve the food - fig.20.

Use oven gloves when handling the baskets.

* depending on model

Table of cooking times

Cooking times are approximate and may vary depending on the size of the food, the space between the food, the amount of food, individual preferences, and the mains voltage.

Use oven gloves when handling the baskets during the cooking time.

Meat – Poultry

| Food | Type | Amount | Cooking Time | Recommendations |
|---------------------------|--------|--------|--------------|-----------------|
| Chicken breast (boneless) | Strips | 500 g | 15 min | |
| | Whole | 450 g | 17 min | |
| Chicken drumsticks | Fresh | 4 | 36 min | |
| Turkey escalope | Fresh | 600 g | 24 min | |
| Pork fillet | Fresh | 700 g | 38 min | 1 cm thick |
| Lamb steak | Fresh | 500 g | 14 min | |
| Sausages | Fresh | 10 | 6 - 8 min | |

Fish - shellfish

| Food | Type | Amount | Cooking Time | Recommendations |
|-------------------------|--------|--------|--------------|-----------------|
| Thin fillet of fish | Fresh | 450 g | 10 min | |
| | Frozen | 450 g | 18 min | |
| Thick fillets or steaks | Fresh | 400 g | 15 min | |
| Whole fish | Fresh | 600 g | 25 min | |
| Mussels | Fresh | 1 kg | 15 - 20 min | |
| Prawns | Fresh | 200 g | 5 min | |
| Scallops | Fresh | 100 g | 5 min | |

Vegetables

| Food | Type | Amount | Cooking Time | Recommendations |
|-----------------------|--------|---------|--------------|--------------------------------|
| Artichoke | Fresh | 3 | 43 min | |
| Asparagus | Fresh | 600 g | 17 min | |
| Broccoli | Fresh | 400 g | 18 min | Cut into florets |
| | Frozen | 400 g | 12 min | |
| Celeriac | Fresh | 350 g | 22 min | In cubes or slices |
| Mushrooms | Fresh | 500 g | 12 min | Small whole or cut in quarters |
| Cauliflower | Fresh | 1 moyen | 19 min | Cut into florets |
| Cabbage (red - green) | Fresh | 600 g | 22 min | Sliced |
| Courgette | Fresh | 600 g | 12 min | |
| Spinach | Fresh | 300 g | 13 min | Toss halfway through cooking |
| | Frozen | 300 g | 15 min | |
| Fine green beans | Fresh | 500 g | 30 min | |
| | Frozen | 500 g | 25 min | |
| Carrots | Fresh | 500 g | 15 min | Thinly sliced |
| Corn on the cob | Fresh | 500 g | 40 min | |
| Beans | Fresh | 500 g | 15 min | |
| Leeks | Fresh | 500 g | 30 min | Thinly sliced |
| Sweet peppers | Fresh | 300 g | 15 min | |
| Peas | Fresh | 400 g | 20 min | |
| | Frozen | 400 g | 20 min | |
| New potatoes (whole) | Fresh | 600 g | 40 – 45 min | |
| Potatoes | Fresh | 600 g | 20 min | Sliced or cubed |

Rice - Pasta - Cereals

| Food | Amount | Water quantity | Cooking Time | Recommendations |
|--------------------------------------|--------|----------------|--------------|--|
| White Rice American Long Grain | 150 g | 300 ml | 30 - 35 min | |
| White Basmati Rice | 150 g | 300 ml | 30 - 35 min | |
| Easy cook white rice | 150 g | 300 ml | 28 - 33 min | |
| Wholemeal rice | 150 g | 300 ml | 33 - 38 min | |
| Couscous | 200 g | 350 ml | 23 min | Soak for 5 min in boiling water before cooking. |
| Pasta (spaghetti) | 200 g | 400 ml | 20 – 25 min | Use boiling water & stir halfway through cooking |

Fruits

| Food | Type | Amount | Cooking Time | Recommendations |
|---------|-------|--------|--------------|-----------------|
| Bananas | Fresh | 3 | 10 min | Whole |
| Apples | Fresh | 4 | 12 min | Quartered |
| Pears | Fresh | 5 | 20 min | Whole or halved |

Other food

| Food | Type | Amount | Cooking Time | Recommendations |
|------|-------------|--------|--------------|-----------------|
| Eggs | Hard-boiled | 6 | 12 min | |
| | Soft-boiled | 6 | 8 min | |

Cleaning and maintenance

Cleaning the appliance

Do not immerse the water tank / power base in water.

Do not use abrasive cleaning products.

- After each use, unplug the appliance.
- Leave it to cool completely before cleaning.
- Check that the appliance has completely cooled down before emptying the juice collector and the water tank. Wipe the water tank with a damp cloth.
- Wash all the removable parts using a sponge, warm water and washing up liquid,, rinse and dry carefully.

Removing scale build-up from the appliance

- For best results, descale the appliance after approximately 8 uses..
- Take out the juice collector.
- Fill the hollow of the heating element with 3 tablespoons of white vinegar.
- Leave overnight to descale.
- Rinse out the inside of the water tank with warm water several times.

Always descale your appliance when cold to avoid any decaling odour. Do not use other scale-removing products.

Environment protection first !



- ① Your appliance contains valuable materials which can be recovered or recycled.
- ➔ Leave it at a local civic waste collection point.

