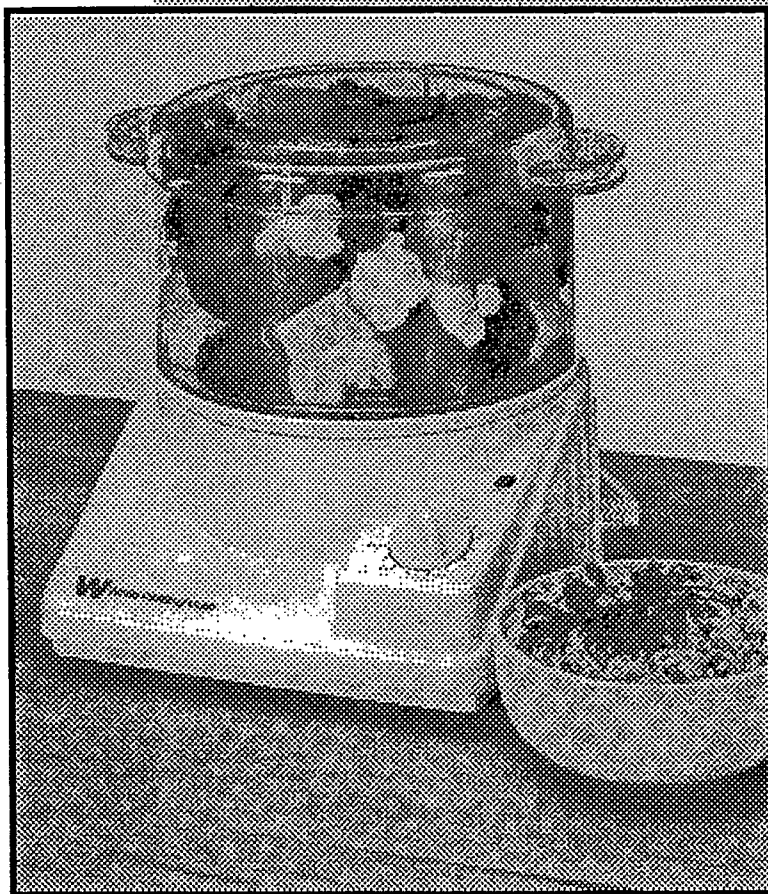
 White-Westinghouse™

# **Instant Steam™ Food Steamer**

**OWNER'S MANUAL**



**MODEL WHA2064**



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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. Do not touch hot surfaces. Use potholders or wear oven mitts when removing cover or handling hot containers.
3. To protect against electrical hazards, do not immerse the cord, plug or base unit in water or any other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug the unit from the electrical outlet when it is not in use and before putting on or taking off parts. Allow to cool before cleaning.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or if it has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause hazards.
8. Do not use outdoors.
9. Do not let the cord hang over the edge of a table or counter. Do not let it 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 food, water or other hot liquids.
12. Do not use this appliance for other than its intended use.
13. Do not fill water reservoir above the maximum water level marking.
14. Use only COLD TAP WATER in the water reservoir. Do not use stock or any liquid other than cold water, and do not add any seasoning, herbs or anything else to the water until the steaming has been completed.
15. Do not place Lid, Steaming Bowl, Rice Bowl, Drip Tray, Heating Post Sleeve or Unit Base in a microwave oven or dishwasher.
16. Do not operate this appliance on a non-heat resistant glass or wood cooking surface, or any tablecloth. It is imperative that a heat-resistant cooking surface, such as tile, formica, or any surface protected with a heat-resistant finish, be placed beneath this unit.
17. Lift and remove lid carefully to avoid scalding, and allow water to drip into steamer.

## SAVE THESE INSTRUCTIONS

**FOR HOUSEHOLD USE ONLY**

## **INTRODUCTION**

This food steamer/rice cooker steams all types of vegetables and cooks brown or white rice, long or short-grain, but it also has the capability of steaming/cooking many other foods. You can use the food steamer/rice cooker to cook legumes and grains for vegetarian main dishes, make hearty soups, and steam/cook seafood, poultry and meat.

The process of cooking foods by steam is an excellent way of preserving their nutrients. Advances in technology have made it possible to develop portable food steamers for this purpose.

The versatility of this food steamer/rice cooker is that it offers you the advantage of steaming and/or cooking all types of foods.

Before using this food steamer/rice cooker, be sure to read the "Important Safeguards," and all other instructions in this manual.

# OPERATING INSTRUCTIONS

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS

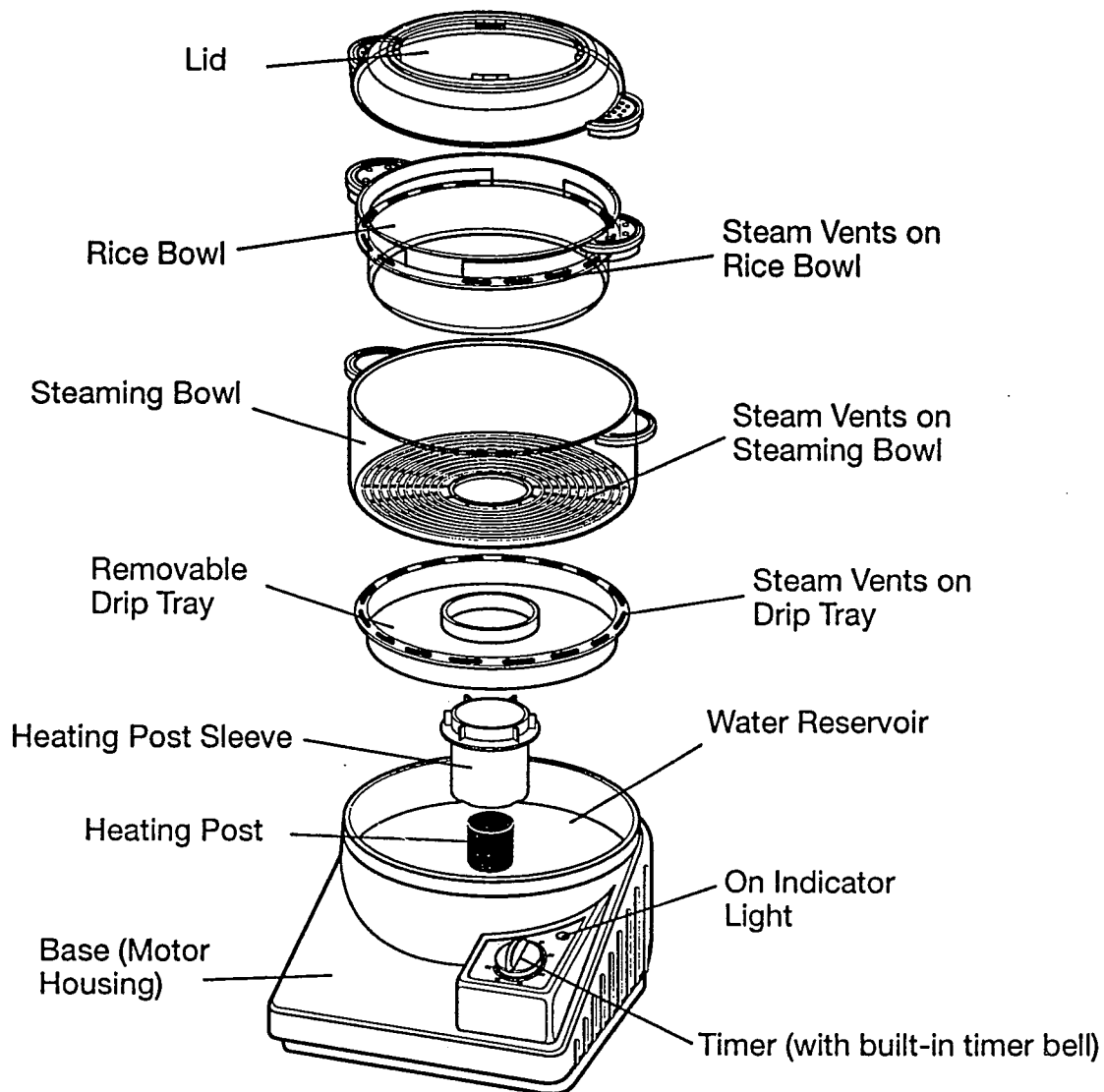


FIG. 1

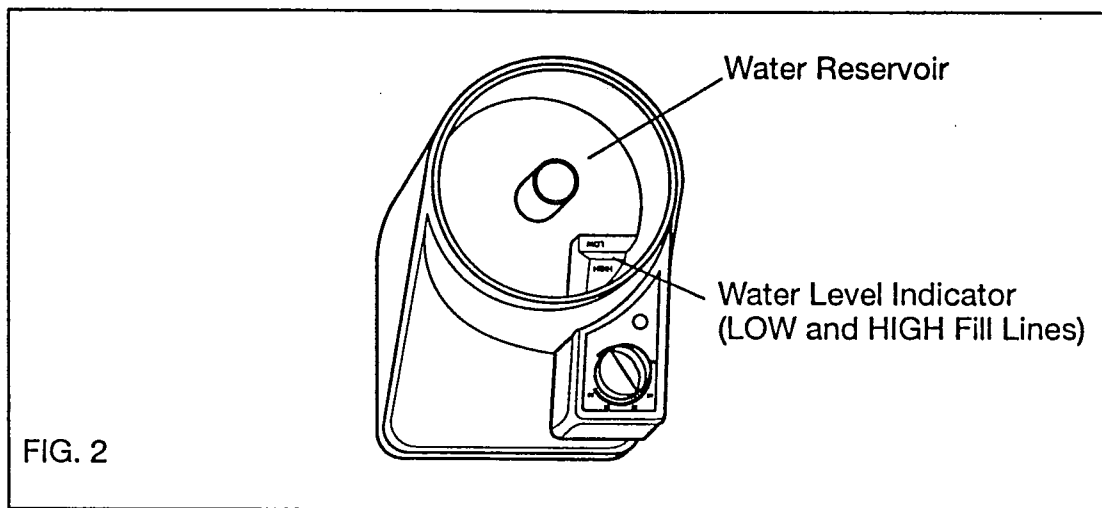


FIG. 2

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug fits in a polarized outlet only one way. If the plug does not fit into the outlet, reverse the plug and try again. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table where it can be pulled on by children or tripped over unintentionally.

### **BEFORE USING**

1. Carefully unpack the food steamer/rice cooker.
2. Wash all parts except base in warm, soapy water. Rinse well and dry thoroughly. All parts should be dry before mounting on the base.
3. Wipe base with a clean, soft, slightly damp cloth or paper towel. **NEVER IMMERSE BASE IN WATER.**
4. Assemble the food steamer/rice cooker as illustrated in this manual to become familiar with all parts.
  - Insert ridged end of heating post sleeve into bottom of drip tray, pressing together until sleeve fits snugly in place.
  - Insert drip tray into water reservoir; rotate tray until slots on tray align with tabs on base and tray snaps securely onto base.
  - Place steaming bowl over the drip tray.
  - Place rice bowl inside the steaming bowl (optional).
  - Place lid over the steaming bowl; make sure lid is properly in place.
5. Now that you have become familiar with how the food steamer/rice cooker is assembled, you should test it once before using for the first time.
  - Remove all parts from the base.
  - Fill the water reservoir to the LOW fill line (1-3/4 cups of water). (Note: Water level indicator is located inside the water reservoir.)
  - Assemble as instructed above.
  - Plug unit into electrical wall outlet and set the timer for 5 minutes. (Turn timer past the 15-minute mark, then gently turn back to set at the 5-minute mark.) The On indicator light will illuminate to let you know the timer has been set and the unit is operating.
  - After 5 minutes, a bell will ring and the On indicator light will shut off. This lets you know the 5-minute set time has elapsed.
  - Unplug unit from electrical wall outlet. Always unplug it after using, and allow to cool for several minutes before removing the steaming bowl and before cleaning. **CAUTION: EXERCISE EXTREME CARE WHEN HANDLING UNIT DURING AND AFTER USE, AS IT WILL BECOME VERY HOT WHILE OPERATING. BE ESPECIALLY CAREFUL WHEN EMPTYING WATER RESERVOIR, AS RESIDUAL STEAM MAY CAUSE SCALDING.**
6. Empty the water reservoir.



## HOW TO USE

1. Make sure unit is unplugged and timer is set at zero "0".
2. Prepare food to be steamed or cooked.
3. Pour water in the water reservoir to LOW (1-3/4 cups) or HIGH (3-1/2 cups) Fill Line. You can refer to the guidelines outlined in this manual.

IMPORTANT: Always make sure to put sufficient water in the water reservoir. Do not fill below the LOW Fill Line. Never allow water reservoir to dry up while cooking, as this may damage the unit.

4. Prepare food in steaming or rice bowl.

TO USE THE STEAMING BOWL: Place drip tray over the water reservoir. Place vegetables, seafood or other food (**without** sauce or liquid) in the steaming bowl. Arrange food in the center of the bowl; try not to block steam vents all around. Place steaming bowl over drip tray, then the lid on the steaming bowl.

RICE BOWL: Place steaming bowl over the water reservoir (do not use drip tray when cooking rice). Place rice or other food (**with** sauce or liquid) in the rice bowl. Place rice bowl inside the steaming bowl, then the lid on the steaming bowl.

NOTE: Lid must be in place for food steamer/rice cooker to operate properly.

5. Plug unit into electrical wall outlet.
6. Set the timer for the necessary cooking time. If the desired cooking time is less than 15 minutes, first turn the timer past the 15-minute mark, then gently turn back to set at the desired time.
7. While cooking, it may be necessary to move or stir food. To handle food while cooking, use long-handled utensils and, if necessary, use potholders or wear oven mitts. Do not use metal utensils that may scratch or damage the surfaces; use plastic or wooden utensils. Do not touch hot surfaces with bare hands.
8. When the set time elapses, and the timer bell rings, check to make sure food is fully cooked.
9. If necessary, reset the timer for additional cooking time.
10. When cooking is complete, unplug from electrical wall outlet.
11. Use potholders or wear oven mitts to remove lid, steaming bowl and/or rice bowl.

## IMPORTANT NOTES

- Do not use steamer with water reservoir empty of water.
- Always use clean, cool water. Do not pour hot water in the water reservoir; allow the food steamer/rice cooker to heat the water and produce steam on its own.
- Never pour broth, wine or any other liquid except water in the water reservoir.
- Broth, wine or other liquids can only be used when cooking in the rice bowl.
- Always wipe the water reservoir clean before and after using.
- Wash all parts as instructed in this manual after each use.
- A bit of water should remain in the steamer after steamer is turned off; this is normal and helps extend the life of the unit; the water reservoir should never be completely empty when steamer is operating.
- Do not place any parts in microwave or dishwasher.
- Avoid placing unit under any wall cabinets when operating, as much steam is generated.
- Avoid reaching over the steamer when operating.
- Never place the unit where it can be tipped over or pulled by the plug, especially by a small child or invalid, as burns may occur.
- Do not allow loose food particles to remain in the steaming or rice bowl. When food is cooked, place in serving dish and soak steaming or rice bowl in lukewarm water so that loose food particles won't stick to the surface.
- Guidelines outlined in this manual are only suggestions; some vary depending upon the quality and quantity of the food(s) being cooked, and upon personal preference.
- Read the "Important Safeguards" and all other instructions in this manual. Save this manual for your reference.

## **USES OF THE FOOD STEAMER/RICE COOKER**

This manual outlines the use of this food steamer/rice cooker for cooking/steaming vegetables and seafood, and for cooking rice and grains, but it can also be used to steam, cook, heat and reheat many other foods.

This food steamer/rice cooker can be used to:

- Cook/steam fresh, frozen or canned vegetables.
- Cook/steam fresh or frozen seafood.
- Cook brown or white rice, and even wild rice.
- Cook most types of grains.
- Cook/steam poultry and meat.
- Cook some types of legumes, such as baby lima beans, lentil beans and split peas.
- Make soups, stews and main dishes.
- Heat most canned goods, in their liquid, in the rice bowl.
- Heat water, consomme or milk in the rice bowl.
- Heat purees or mashed vegetables in the rice bowl.
- Reheat precooked frozen foods after they have been thawed (reheat inside the rice bowl).

NOTE: When heating or reheating foods without liquid, such as vegetables, rice, grains, fish, etc., spread a little butter or oil inside the rice bowl before placing the food inside it.

## **COOKING/STEAMING VEGETABLES**

Fresh vegetables must be washed and prepared prior to cooking them. Cooking vegetables by steaming is better than by boiling because fewer nutrients are lost in the cooking process. Steamed vegetables should not be overcooked, so experiment to develop desired results.

Some vegetables take longer than others to cook. For example, carrots take a longer time to cook than does squash. When mixing different types of vegetables, steam the vegetables in sequence, depending on how long they take to cook. For example, if mixing carrots, broccoli and squash, we can estimate the carrots will take approximately 18 minutes, broccoli will take 13 minutes, and squash will take 8 minutes to cook. Place carrots in steaming bowl first, and set timer for 5 minutes. Add broccoli and reset the timer for 5 minutes, then add squash and reset the timer for 8 minutes.

It may help to keep a record of the different types of vegetables and the time they take to cook; then you will be better able to determine how to cook and mix different types of fresh vegetables.

Frozen vegetables come ready to use. Follow the instructions on the package. Canned vegetables can be heated in the rice bowl, in the same liquid they come packed in.

Vegetables can be seasoned after cooking. Salt, pepper, butter, oil, and/or other seasoning(s) can be added after cooking.

# FRESH VEGETABLES - COOKING/STEAMING GUIDE

1. Use drip tray for steaming all vegetables.
2. Clean the vegetables thoroughly. Cut off stems; peel or chop if necessary. Smaller pieces steam faster than larger ones.
3. Quantity, quality, freshness and size/uniformity may affect steam timing. Adjust water amounts and cooking time as desired.
4. Frozen vegetables should not be thawed before steaming.
5. Some frozen vegetables can be placed in the rice bowl and covered with a piece of aluminum foil during steaming.
6. Frozen foods should be separated or stirred after 10 - 12 minutes.

Fresh Vegetables	Weight/or Number of Pieces	Water Level in Base	Approx. Time (Minutes)*
Artichokes, Whole	4 Medium tops trimmed	High	40 - 42
Asparagus, Spears	.23 - .45 kg (1/2 - 1 lb)	Low	16 - 17
Beans Green/Wax Cut or Whole	.23 kg (1/2 lb) .45 kg (1 lb)	Low High	17 - 19 25 - 28
Broccoli Spears	.23 kg (1/2 lb) .45 kg (1 lb)	High High	13 - 15 26 - 28
Brussels Sprouts	.45 kg (1 lb)	High	15 - 17
Cabbage	.45 kg (1 lb) about 1/2 sm head	High	20 - 24
Carrots	.45 kg (1 lb)	Low	15 - 20
Cauliflower	Medium about 1.1 kg (2.5 lb)	High	24 - 26
Mushrooms, Whole Med.	.45 kg (1 lb)	Low	10 - 12
Okra	.45 kg (1 lb)	High	24 - 28
Parsnips	.23 kg (1/2 lb)	Low	10 - 12
Peas, Green (in pod) Snow Peas Chinese Pods	.68 kg (1-1/2 lb) .23 kg (1/2 lb)	Low Low	14 - 16 7 - 8
Peppers Whole, Green	Up to 4 Medium (not stuffed)	High	20 - 25
Potatoes Whole, Red	.45 kg (1 lb) (about 6 small)	High	25 - 35
Rutabaga	1 Small .5 kg (1 lb) 1 Medium 1 kg (2 lb)	High High	25 - 27 38 - 40
Spinach	280 gms. (1/2 lb.)	Low	10 - 12
Squash, Summer Yellow & Zucchini	.23 kg (1/2 lb)	Low	8 - 9
Turnips	.23 kg (1/2 lb) (about 5 small)	Low	12 - 14
Most Frozen Vegetables	10 oz. pkg.	High	15 - 25

\*Approximate times are offered as guidelines only. Cooking times may vary.

# **COOKING RICE & GRAINS**

## **RICE:**

Because rice is a valuable source of carbohydrates, it is starchy by nature.

To obtain fluffier, less starchy rice, you can rinse the rice before cooking.

(By rinsing or soaking rice, you lose some nutrients which are water-soluble.)

Brown rice takes longer to cook than white rice; it has a nutty flavor and chewy texture. Wild rice takes a bit longer to cook than does brown rice because it is coarser; most packages of wild rice include cooking instructions. White rice is the most common and cooks the quickest. Certain condiments and/or food colorings will change the color from light beige to brown, or from a pale yellow to orange color. (Condiments will also affect the taste.)

Rice can be divided into two grain categories, long-grain and short-grain. Long-grain rice is less starchy, so it separates better into individual grains. Short-grain rice is more moist and tender and has a starchier texture and flavor. Short-grain rice may require a bit more water and a longer cooking time than long-grain rice. Short-grain rice is usually consumed very moist. Some recipes work best with long-grain rice, while others work best with short-grain rice.

One cup of brown rice takes approximately 60-90 minutes to cook and may require a bit more water than white rice, while one cup of white rice takes about 40-50 minutes to cook and requires less water than brown rice. Wild rice can take over an hour to cook.

## **GRAINS:**

Grains include wheat, oats, bran, barley, etc. They are highly nutritious and an excellent source of fiber.

To cook grains, measure with a measuring cup and pour into the rice bowl. Add water and cover with lid. Grains tend to foam while cooking. To help minimize foaming, stir a few times while cooking. Most grains take anywhere from a half hour to a full hour to cook. If any liquid remains after cooking, remove rice bowl and use a spoon to scoop out excess water a little at a time. You can then place the rice bowl back on the steamer and cook an extra 3-5 minutes, but do not allow grains to boil dry.

For added flavor, some grains can be cooked in broth.

To cook instant grains, follow package instructions and increase cooking time as needed.

## RICE & GRAINS - COOKING GUIDE

1. There are many types of rice and grains. Follow specific directions for the variety used.
2. Fill water reservoir to the "HIGH" Fill Line. Use only clean water in water reservoir.
3. Accurately measure rice or grain and water; combine in rice bowl. Fill water reservoir to the HIGH level. Cover and steam.
4. For softer rice or grain, increase by 1 - 2 tablespoons the amount of water indicated in the chart. For firmer rice or grain, decrease water by the same amount.
5. Check doneness and consistency of rice at minimum time specified for each type of rice or grain, stirring at the same time.
6. When checking/stirring, be careful not to drip the condensate into the rice bowl, which will reduce the quality and flavor of the rice or grain.
7. Rice or grain may be seasoned as desired.

Type of Rice/Grain	Combine in Rice Bowl	Amount of Cold Water	Approx. Time (Minutes)*
Brown Rice, Regular	1/2 cup	2/3 cup	50 - 60
Long or Short Grain	1 cup	1-1/4 cups	60 - 90
Long-Grain & Wild Rice Mix (6 oz pkg.)	1 package	1-2/3 cups	60 - 105
Fast-cooking Rice (6-1/2 oz pkg.)	1 package	1-1/2 cups	20 - 30
White Rice, Regular Extra-long	1 cup	1-1/4 cup	40 - 50
Long or Medium Grains	1 cup	1-1/4 cups	35 - 50
Instant Grains	1 cup	1-1/2 cups	18 - 25

\*Approximate times are offered as guidelines only. Cooking times may vary.

## **COOKING/STEAMING SEAFOOD**

Seafood includes fish and shellfish. There are freshwater and saltwater fish; for example, bass, catfish and trout are freshwater fish, while salmon, swordfish and tuna are saltwater fish. There are two types of shellfish, crustaceans and mollusks. Crabs, lobsters and shrimp are crustaceans. Abalone, conch and periwinkle are single-shell mollusks, while clams, mussels, oysters and scallops are two-part shelled mollusks.

Seafood is low in calories, but high in protein, vitamins and other minerals. Fresh or frozen seafood can be steamed in the food steamer/rice cooker. Steamed seafood retains most of its nutrients.

Fresh fish that is whole must be cleaned and cut before cooking in the food steamer/rice cooker. Some shellfish requires boiling to cook. Shellfish should be cleaned and removed from its shell prior to cooking in the food steamer/rice cooker.

Fish can be placed between lettuce or spinach leaves to cook in the steaming bowl, as suggested in many recipes. Spread the lettuce or spinach leaves on the bottom of the steaming bowl, place fish on the leaves and top the fish with another layer of leaves. Do not cover steam vents completely around.

Fish are low in fat but are usually classified as fat (+5% fat) or lean (-5% fat). Fish high in fat will cook best in the rice bowl, because its fat content will keep it moist during the cooking process. Fish low in fat will cook best in the steaming bowl, because the extra moisture will help it remain soft and tasteful.

Fish should be cooked cautiously, as it is delicate and can easily be overcooked. Overcooked fish can become tough, foul-smelling and non-appetizing.



# SEAFOOD - COOKING/STEAMING GUIDE

1. Use drip tray when steaming fish or shellfish.
2. The steaming times listed in the chart are for fresh or frozen and fully thawed fish or shellfish. Before steaming, clean and prepare fresh seafood.
3. Most seafood cooks very quickly. Steam in small portions or in amounts as specified.
4. Clams, oysters and mussels may open at different times. Check the shells to avoid overcooking. You may cook fish fillets in the rice bowl.
5. Serve steamed seafood plain, or use seasoned butter or margarine, lemon or favorite sauces.
6. Adjust steaming times accordingly.

Variety	Weight/Or Number of Pieces	Water Level	Approx. Time (Minutes)*
Clams in Shell Littlenecks/Cherrystones	1 lb	Low	12 - 15
CRAB - King Crab, Legs/Claws - Soft Shell	1/2 lb 8 - 12 pieces	High Low	25 - 30 10 - 15
LOBSTER - Tails - Split - Whole, Live	2 - 4 1 - 1-1/4 lb 1 - 1-1/4 lb	Low High High	18 - 20 25 - 26 25 - 26
OYSTERS (fresh in shell)	3 lb	Low	20 - 22
SCALLOPS (Fresh) - Bay (shucked) - Sea (shucked)	1 lb 1 lb	Low Low	18 - 20 20 - 22
SHRIMP - Medium in shell - Large/Jumbo in shell	1 lb 1 lb	Low Low	12 - 15 18 - 20
FISH - Whole - Dressed - Fillets	1/2 to 3/4 lb 1/2 to 3/4 lb 1 lb	Low Low Low	20 - 25 15 - 20 15 - 20

\*Approximate times are offered as guidelines only. Cooking times may vary.

## RECIPES

*During cooking time(s), keep lid on steamer. Uncover only when necessary to stir, mix or add ingredients. Always use potholders or wear oven mitts when removing lid, or when handling the steaming or rice bowls.*

### STEAMED FRESH VEGETABLES

- |         |                               |
|---------|-------------------------------|
| 1/2 cup | carrots, sliced 1/8" thick    |
| 1 cup   | bite-size broccoli florets    |
| 1 cup   | bite-size cauliflower florets |
| 8       | small white onions            |

Wash and prepare all vegetables for cooking. Gently mix and place in steaming bowl. Steam for about 15-20 minutes.

### SEASONED RICE

- |               |                       |
|---------------|-----------------------|
| 1 cup         | long-grain white rice |
| 1-1/4 cup     | water                 |
| 1             | garlic clove, minced  |
| 2 tablespoons | chopped red pepper    |
| 2 tablespoons | chopped onion         |
| 1 tablespoon  | chopped parsley       |
| 1 teaspoon    | oil                   |
| 1/2 teaspoon  | salt                  |
| 1/4 teaspoon  | paprika               |
| 1/8 teaspoon  | lemon juice           |

Mix all ingredients in rice bowl and stir. Cook for 20 minutes, mix well and cook for another 20 minutes; mix again, and then cook for the last 10-15 minutes as needed.

### BROWN RICE WITH MUSHROOMS AND ALMONDS

- |              |                           |
|--------------|---------------------------|
| 1 cup        | brown rice                |
| 1 cup        | water                     |
| 1/2 cup      | low-salt beef broth       |
| 1            | garlic clove, minced      |
| 1/2 cup      | sliced mushrooms          |
| 1/4 cup      | packaged slivered almonds |
| 1 teaspoon   | oil                       |
| 1/2 teaspoon | vinegar                   |
| 1/2 teaspoon | salt                      |

Mix all ingredients in rice bowl and stir. Cook for 40 minutes and stir. Cook for another 40 minutes and mix well; then cook for a final 20-30 minutes until rice is soft and fully cooked.

## **STEAMED SALMON STEAKS**

Lettuce leaves

2 small salmon steaks

Olive oil

Salt

Onion, cut into rings

Green pepper, cut into rings

Line steaming bowl with lettuce leaves. Lightly brush both sides of the salmon steaks with olive oil, and place salmon steaks on top of the lettuce leaves inside the steaming bowl. Sprinkle the salmon steaks with a dash of salt, top with rings of onion and green pepper, then place another layer of lettuce over the salmon steaks. Steam for approximately 20-30 minutes.

## **STEAMED CHICKEN BREASTS**

Lettuce leaves

2 small skinless-boneless chicken breasts

Vegetable or corn oil

Lemon juice

Salt

Black pepper

Sliced mushrooms

Remove excess fat from chicken breasts. Line steaming bowl with lettuce leaves. Rub both sides of the chicken breasts with lemon juice, then lightly brush with oil. Sprinkle both sides with salt and pepper. Now, place the chicken breasts on top of the lettuce leaves inside the steaming bowl, and top with mushrooms. Place another layer of lettuce over the chicken breasts and steam for approximately 30-40 minutes, or until fully cooked.

## **QUICK BEEF STEW**

1 cup frozen mixed vegetables

2 tablespoons chopped onion

1/4 lb. cooked beef, cut in cubes

1 cup beef broth

1/4 cup vegetable or tomato juice

1 teaspoon vegetable oil

6 canned potatoes, cut in quarters

1/8 teaspoon oregano

1/8 teaspoon basil

Salt and pepper (optional)

Steam frozen vegetables and onion in steaming bowl for 15-20 minutes. Set aside and prepare food steamer/rice cooker to use the rice bowl. Mix all ingredients in rice bowl and heat for 15-20 minutes. Add salt and pepper to taste, and stir.

### **LIMA BEAN SALAD**

2 cups                      frozen baby lima beans  
1                              small onion, cut into rings (uncooked)  
2 tablespoons          minced parsley  
Salt  
Olive oil

Steam lima beans for 15-25 minutes until cooked. Place in serving dish and season with salt. Top with onion and parsley, and then pour olive oil over salad.

### **LENTIL BEAN STEW**

3/4 cup                      lentil beans  
1-1/4 cup                  water  
1/2 cup                      low-salt beef broth  
1 tablespoon              chopped onion  
1 tablespoon              chopped celery  
1/4 cup                      frozen chopped collard greens  
1/4 cup                      carrots, cut into small cubes  
1/3 cup                      potatoes, cut into small cubes  
1 teaspoon                  oil  
3 tablespoons              tomato juice  
1/4 teaspoon               whole oregano  
1/4 teaspoon               vinegar  
1/4 teaspoon               salt  
1 teaspoon                  olive oil

Wash and sort lentil beans. Pour water and broth in rice bowl; add lentil beans, vinegar and salt. Allow beans to soak for 30 minutes before starting to cook. After the 30 minutes, add all remaining ingredients except olive oil, stir, then let cook for 60 minutes. Stir again, add olive oil and cook for another 30-40 minutes.

### **HONEY-CINNAMON OATMEAL**

1/2 cup	water
1/2 cup	milk
1/2 cup	quick-cooking oats
1/8 teaspoon	salt
1/4 teaspoon	sugar
2 tablespoons	honey
1/4 teaspoon	ground cinnamon

Pour water and milk in rice bowl. Add oats, salt and sugar, and stir. Cook for 20 minutes. Add honey and cinnamon, and stir until cinnamon is dissolved; then cook for an additional 5 minutes.

### **CHEESE GRITS**

1/2 cup	quick-cooking grits
2 cups	water
2 tablespoons	butter
3 slices	American process cheese, cut into small cubes
1/4 teaspoon	salt
1/4 teaspoon	black pepper

Heat water alone in rice bowl for 10 minutes. Add grits slowly while stirring, then cover and cook for 20 minutes. Keep stirring while adding butter, salt and pepper, one ingredient at a time. Then, add cheese and stir until melted and well-blended with grits. Cook for another 20 minutes; then stir and cook for the last 15-20 minutes. When fully cooked, place grits in serving dish. Parmesan cheese can be sprinkled over individual servings, if desired.

## USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Refer it to qualified personnel if servicing is needed.

**Always unplug the food steamer/rice cooker from electrical outlet when not in use and before cleaning.**

**TO CLEAN:**

**NEVER IMMERSE BASE (MOTOR HOUSING) IN WATER.** First, be sure unit is switched "OFF" and unplugged. Separate drip tray, steaming bowl, rice bowl and lid from the base. Wash these parts with warm, soapy water, using a soft cloth or sponge. Rinse well and dry thoroughly. Wipe base (motor housing) with a slightly damp cloth or sponge. Drain any water left in the water reservoir. If necessary, the heating post sleeve can be removed and washed in warm, soapy water. Wipe the of water reservoir with a clean, soft cloth or paper towel.

**DO NOT use scouring pads or any type of harsh cleanser to clean the food steamer/rice cooker, as this may damage the finish.**

**TO STORE:**

Unplug unit; store in its box, fully assembled, in a clean, dry place. Never store it while it is hot or still plugged in. **Never wrap cord tightly around the appliance.** Do not put any stress on the cord where it enters the unit, as it could cause the cord to fray and break.



# ONE-YEAR LIMITED WARRANTY

This White-Westinghouse product warranty extends to the original consumer purchaser of the product.

**Warranty Duration:** This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

**Warranty Coverage:** This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished, or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**Warranty Disclaimers:** This warranty is in lieu of all warranties expressed or implied, and no representative or person is authorized to assume any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a comparable model (at the store's option) when the product is returned to Kmart. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

## **Important Notice**

**If any parts are missing or defective, return this product to the place of purchase.**

## **Consumer Service**

This White-Westinghouse product is distributed by:

SALTON HOUSEWARES  
708 SOUTH MISSOURI ST.  
MACON, MO 63552

E-mail: [White-Westinghouse@Saltonusa.com](mailto:White-Westinghouse@Saltonusa.com)

Any questions or comments can be directed to Salton address, or call the Consumer Service Department:

1-800-233-9054  
Monday-Friday  
9 a.m.-5p.m. CST

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