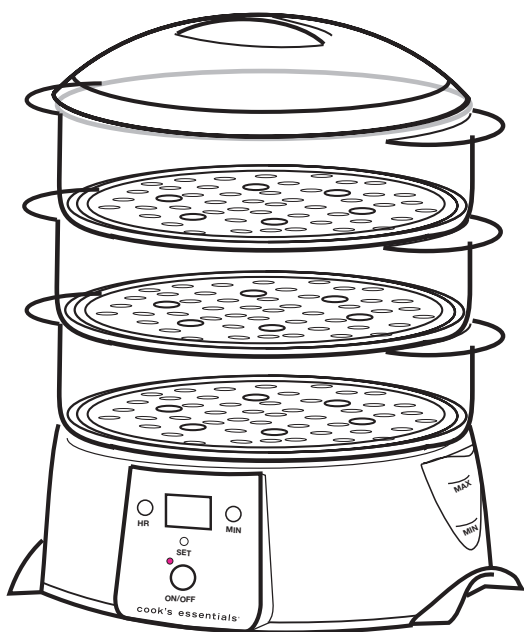


# cook's essentials®

HIGH PERFORMANCE KITCHENWARE




## **3-TIER FOOD STEAMER WITH TIMER**

MODEL CES1D

OWNER'S MANUAL

# 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 shock, do not immerse cord, plugs or Steamer Base 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.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
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 oil or other hot liquids.
12. To disconnect, press ON/OFF Button, then remove the plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Make sure the Steamer Basket Insert is properly assembled into the BOTTOM  Steamer Basket and that this assembled unit is securely sitting in position on the Steamer Base. Make sure the bottom of every stacked Basket is securely sitting inside the rim of the Steamer Basket below it, and that the food is contained and evenly distributed within each Basket. Make sure the Lid is properly affixed before pressing the ON/OFF Button to begin steaming.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## ADDITIONAL IMPORTANT SAFEGUARDS

**CAUTION HOT SURFACES:** This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not reach into the water!
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
4. To reduce the risk of fire, do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance!
6. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
7. Do not use this appliance in an unstable position.
8. Do not use the Food Steamer if the Drip Tray or Steamer Base, or if any Steamer Basket or Steamer Basket Insert is cracked or damaged.
9. Make sure the Food Steamer is unplugged and the steaming water has cooled before transporting or cleaning.
10. Never plug in the Food Steamer without first filling the Steamer Base with water. and then placing the Drip Tray inside the Steamer Base.
11. To avoid burns, keep hands and face clear of the Lid's Steam Vents during cooking.

**WARNING: Steam is hot and can cause burns. Keep hands and face away from Vents in the Lid. Use protective oven mitts to remove Steamer Baskets from the Base and to lift the Lid. When removing the Lid after steaming, always tilt Lid away from your face to avoid burns caused from steam.**

12. The Steamer Base and components are not for use in ovens (microwave, convection or conventional) or on stove-top.

**CAUTION:** While steaming, make sure the Food Steamer is placed in a secure area that will not be bumped or pushed or disturbed in any manner.

## SHORT CORD INSTRUCTIONS

A short power-supply cord (or detachable power-supply cord) is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

## POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into 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 attempt to modify the plug in any way.

## ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

## PLASTICIZER WARNING

**CAUTION:** To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the countertop or tabletop.

**Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.**

## INTRODUCTION

Congratulations on your purchase of the cook's essentials® CES1D 3-Tier Food Steamer with Timer. Prepare foods effortlessly, without using a lot of fat. Steaming vegetables helps preserve their vitamin and mineral content, color, and flavor. Steaming fish produces delicate, moist and tasty results. Three Steamer Baskets allow you to create entire meals with one easy-to-use, and easy-to-clean Food Steamer! Be creative: steam puddings, custards, eggs, fish, clams, mussels, vegetables, rice.

# GETTING TO KNOW YOUR cook's essentials® CES1D 3-TIER FOOD STEAMER WITH TIMER

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS.

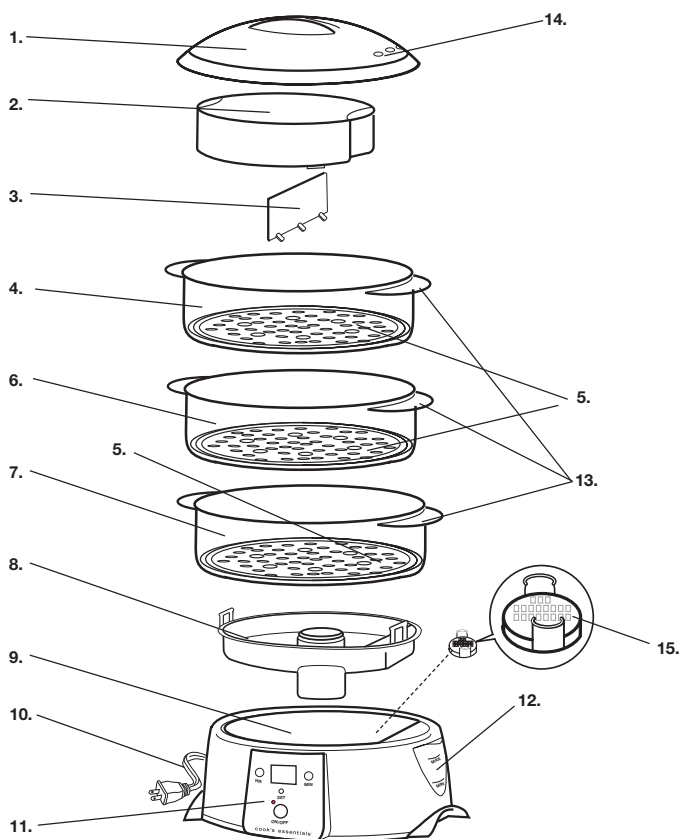


Figure 1

- |  |   |
|--|---|
| 1. Lid (P/N 22415)   | 9. Steamer Base with Heating Element and Maximum Fill Indicator |
| 2. Rice Cooking Bowl (P/N 22420)                                 | 10. Polarized Plug  |
| 3. Separator (P/N 22416)   | 11. Control Panel   |
| 4. Steamer Basket (TOP) (P/N 22417T)                             | 12. Water Gauge and Water-Fill Drawer                           |
| 5. Steamer Basket Inserts (Interchangeable Set of 3) (P/N 22418) | 13. Steamer Basket Handle                                       |
| 6. Steamer Basket (MIDDLE) ((P/N 22417M)                         | 14. Steam Vents   |
| 7. Steamer Basket (BOTTOM) (P/N 22417B)                          | 15. Filter (P/N 22446)  |
| 8. Drip Tray (P/N 22419)   |   |

# BEFORE USING YOUR cook's essentials® 3-TIER FOOD STEAMER

**IMPORTANT:** Never place Lid, Rice Cooking Bowl, Separator, Steamer Baskets, Steamer Inserts or Drip Tray on a hot stove or in a microwave.

Before using your 3-Tier Food Steamer for the first time, we suggest you become familiar with all of its parts. Read all instructions and cautions carefully.

1. Unpack your Food Steamer and Accessories.
2. Before steaming foods, clean Lid, Rice Cooking Bowl, Separator, Steamer Baskets, Steamer Inserts, Filter, and Drip Tray in mild dishwashing detergent. Rinse thoroughly and dry.

**CAUTION:** Do not immerse cord, plug, or Steamer Base with Heating Element in water or other liquids.

3. We recommend placing a large heat-resistant tray, protective mat or kitchen towel on your counter top to serve as a resting area to place Steamer Baskets when checking cooking progress.

## STEAMER BASKETS

1. There are 3 Steamer Baskets and 3 Interchangeable Steamer Basket Inserts. To assemble, simply place the Steamer Basket flat onto the counter top. Center the Insert in the bottom of the Basket as shown, and gently press to snap into place. (See Figure 2.)
2. Steamer Baskets may be configured in a number of ways. You may use 1, 2 or 3 Baskets at once, and in different configurations. The bottom of every stacked Basket sits securely inside the rim of the Steamer Basket below it. (See Figures on page 6.) For example, stack 2 Steamer Baskets together for larger, deeper foods (see Figure 7); then you may place the TOP Steamer Basket on top of that. (See Figure 8.)
3. Use the Separator to divide the Basket into halves for steaming carrots and green beans or to hold up food such as artichokes.

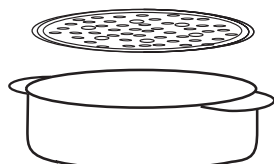


Figure 2

**IMPORTANT:** The 3 Steamer Baskets differ slightly and when stacked, the smallest Basket **MUST** be on the **BOTTOM**, and the Insert **MUST** be fitted securely in place.

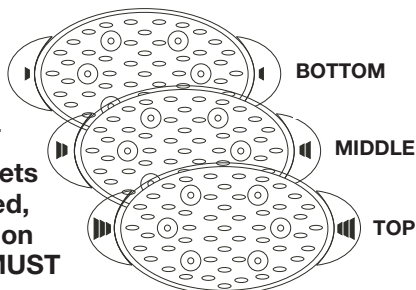
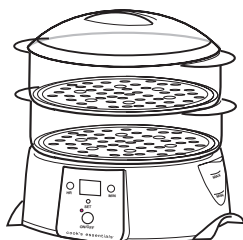


Figure 3

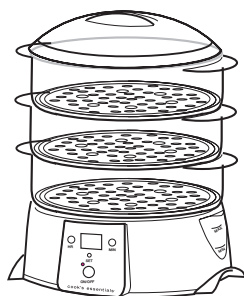
## STEAMER BASKETS (Continued)



**Figure 4.** Use the **BOTTOM** Basket with the Steamer Basket Insert and Lid.



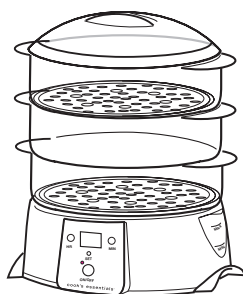
**Figure 5.** Dual Baskets. Use **BOTTOM** and **MIDDLE** Baskets with Inserts and Lid.



**Figure 6.** Use **BOTTOM**, **MIDDLE** and **TOP** Steamer Baskets with Inserts and Lid.



**Figure 7.** Use the **BOTTOM** Basket with the Steamer Basket Insert. Add **MIDDLE BASKET** with **NO** Insert to create a Deep Steamer Basket for artichokes or cauliflower head.




**Figure 8.** Use **BOTTOM** Basket with Insert, add **MIDDLE** Basket with **NO** Insert. Add **TOP** Basket with Insert.







Use the markings on the Steamer Basket Handle to identify the **BOTTOM**, **MIDDLE**, and **TOP** Steamer Baskets and their positions.

## STEAMER BASKETS (Continued)

4. When using a single Steamer Basket, use only the BOTTOM Basket. Make sure the Steamer Basket Insert is properly assembled into the BOTTOM  Steamer Basket before placing it onto the Steamer Base.
5. When using dual Steamer Baskets, use the BOTTOM and rest the MIDDLE Basket on top.

**NOTE:** It is important that food is contained and evenly distributed within each Basket.

6. **WARNING: To avoid shifting of the Baskets and possible spillage, distribute food evenly on top of the Steamer Inserts and place heaviest foods in the BOTTOM  Basket.**
7. Place the denser foods that need to cook the most In the BOTTOM  Steamer Basket, closest to the steam. To ensure all pieces in the Steamer Basket will be cooked within the same time frame, cut food in each Basket to a uniform size.
8. When cooking in multiple Steamer Baskets with foods requiring various steaming times, place the food to be finished first In the TOP  Steamer Basket. Set the Timer to the shortest steaming time. When the first steaming time is reached, press the ON/OFF Button to stop steaming. Use protective oven mitts to remove the Lid. Check the TOP Basket food for desired doneness. If the TOP Basket's food is finished cooking, remove it and replace the Lid onto the MIDDLE  Steamer Basket.

**WARNING:** Always tilt Lid away from your face when removing the Lid to avoid burns caused from steam.

9. To check the food in the BOTTOM Steamer Basket, remove the MIDDLE Basket and Lid and place onto a large heat-resistant tray, protective mat or place onto a kitchen towel spread out over your countertop.
10. Replace the MIDDLE Steamer Basket. Replace the Lid onto the MIDDLE Steamer Basket. Make sure the Baskets are securely in position over the Steamer Base.
11. Press the ON/OFF Button. Press the STEAMER/TIMER SET Button, reset the Timer for the remaining food, and continue steaming until all food is cooked to your satisfaction.
12. All Steamer Basket Inserts have 6 special dimples to hold eggs in position. The Insert must be flipped so the dimples are down to hold eggs (in the shell) in place.
13. Make sure the Lid is properly in place before pressing the ON/OFF Button to begin steaming.

# OPERATING INSTRUCTIONS

1. Make sure the Steamer is unplugged.

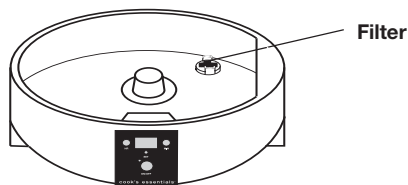


Figure 9

2. Your Food Steamer is equipped with a Filter that prevents lime scale in the housing from traveling to the internal tube and blocking the water channel. Make sure the Filter is clean and in place before beginning to steam.

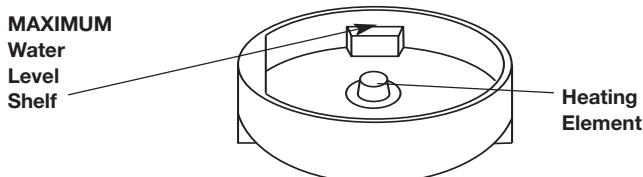


Figure 10

View from Backside

3. Place unit on a flat sturdy surface with adequate clearance. Keep children away from the Steamer.
4. Fill the Steamer Base with clean, cool tap water, to the MAXIMUM mark (located on the top of the Water Level Shelf) on the inside of the Base. (See Figure 10.) This amount of water will steam for about 1 hour.

**WARNING: USE WATER ONLY TO STEAM. NEVER ADD OTHER LIQUIDS OR ADDITIONAL INGREDIENTS SUCH AS SALT, PEPPER OR SPICES TO THE WATER OR THE FOOD AS THIS MAY CLOG THE FILTER. Wait until cooking is completed to season food.**

5. Locate the Water Gauge imprinted on the Water-Fill Drawer. Note that the water is between the MAX and MIN fill lines. Make sure the plastic Water-Fill Drawer is fully closed and locked in position inside the Steamer Base.

**NOTE:** To refill Steamer Base during steaming, use the Gauge/ Water-Fill Drawer, and follow the water-filling instructions described in the "To Refill The Steamer Base With Water" section in this Owner's Manual.

6. Place the Drip Tray into the Steamer Base so that it fits and it is level.

## **OPERATING INSTRUCTIONS** (Continued)

7. Place foods to be cooked into the various Steamer Baskets assembled with Steamer Basket Inserts. Follow the marking on the Steamer Basket Handles when placing the filled Steamer Baskets into their proper position on the Steamer Base.

**CAUTION:** Make sure the Steamer Basket Insert is properly assembled into the BOTTOM ▼ Steamer Basket and that this assembled unit is always securely sitting in position on the Steamer Base. Make sure the bottom of every stacked Basket is securely sitting inside the rim of the Steamer Basket below it, and that the food is evenly distributed within each Basket.

**CAUTION:** While steaming, make sure the Food Steamer is placed in a secure area that will not be bumped or pushed or disturbed in any manner or where steam could damage upper cabinets, curtains, etc.

**NOTE:** See **HINTS FOR BEST RESULTS** for information regarding proper stacking of Steamer Baskets.

**CAUTION: ALWAYS REPLACE THE BOTTOM STEAMER BASKET WITH INSERT ONTO THE STEAMER BASE.**

8. When cooking with multiple Baskets, and the food in the BOTTOM Basket is done, but the food in the MIDDLE or TOP Baskets are not, remove the food from the BOTTOM Basket. Then place the under-cooked food from the MIDDLE or TOP Basket into the BOTTOM Basket.

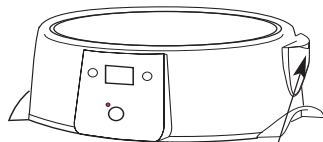
**CAUTION: NEVER PLACE EITHER THE MIDDLE STEAMER BASKET OR THE TOP STEAMER BASKET DIRECTLY ONTO THE STEAMER BASE.**

**SUGGESTION:** Place an outstretched kitchen towel, large heat-resistant tray, or protective mat onto the counter next to the Food Steamer. This will become a useful surface to place Steamer Baskets when checking for doneness or removing Baskets from the stack.

9. Make sure the Lid is properly in place. Plug the 3-Tier Food Steamer into a 120V AC electric outlet.

## To Refill The Steamer Base With Water

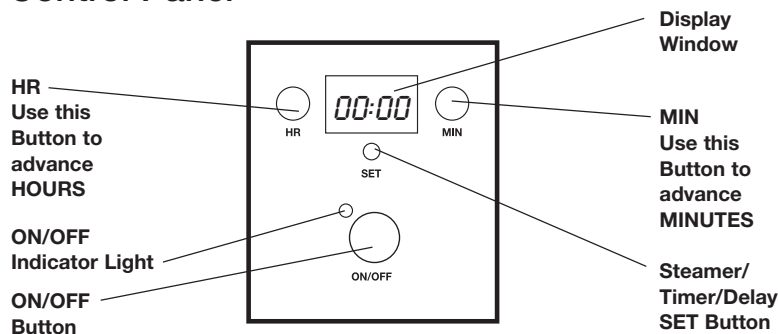
When steaming foods for long periods of time, (more than approximately 1 hour) it will be necessary to replenish the water in the Steamer Base. Locate the Water Gauge/Water-Fill Drawer on the side of the Steamer Base. **When the water level drops to the MIN line, you must add water.** Pull the Drawer out to the extended fill position until it clicks open. Use a cup with a spout, filled with water, to refill the Food Steamer. Make sure that the water reaches the MAX indicator line. Add more water as necessary. Snap the Drawer back in place when refilled.



**Pull Water-Fill Drawer out to refill during steaming. Snap back into place when refilled.**

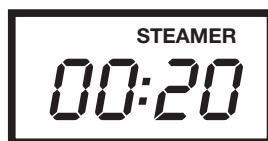
When steaming for extended periods of time, it may be necessary to remove water from the Drip Tray. Using protective oven mitts, remove Basket(s) and Lid. Using a heat-resistant long handled ladle or spoon, remove the majority of the water from the Drip Tray. Replace the Basket(s) with Lid and continue cooking.

## Control Panel



## To Begin Cooking Immediately

1. Press the ON/OFF Button. A signal will sound and 00:00 will appear on the LCD Display.
2. Press the SET Button once. The word "STEAMER" will begin to flash and the preset time of 00:20 minutes is displayed.
3. Press the MINUTE Button to adjust steaming time in minutes. *(Hint: Hold down the button to fast advance.)*
4. Press the HOUR Button to change to 1 hour. The maximum steaming time is 2 hours. *(Hint: Hold down the button to fast advance.)*



## TO BEGIN COOKING IMMEDIATELY *(Continued)*

5. After 5 seconds of inactivity, the Food Steamer will automatically turn ON. The word “STEAMER” will remain steady, the colon will flash, and the Indicator Light will illuminate. The time on the Display Window will count down until it reaches 00:00.

**WARNING: Steam is hot and can cause burns. Keep hands and face away from Vents in the Lid. Use protective oven mitts to remove Steamer Baskets from the Base and to lift the Lid. When removing the Lid after steaming, always tilt Lid away from your face to avoid burns caused from steam.**



### When Cooking Is Completed: Keep Warm Mode

1. When the steaming time in the Display Window reaches 00:00, the Food Steamer will beep 5 times as an alert.
2. If you are ready to serve the food, press the ON/OFF Button and unplug the Food Steamer from the wall.

**WARNING: Steam is hot and can cause burns. Keep hands and face away from Vents in the Lid. Use protective oven mitts to remove Steamer Baskets from the Base and to lift the Lid. When removing the Lid after steaming, always tilt Lid away from your face.**

3. If you do not press the ON/OFF Button, the Food Steamer will automatically switch to KEEP WARM Mode. The words “KEEP WARM” will appear on the bottom of the Display Window.
4. The Timer in the Display Window will begin to count up to a maximum of 1 hour as the time advances in Keep Warm Mode.
5. At the end of the maximum Keep Warm Mode (1:00 hour), the Food Steamer will beep 3 times and the unit will turn itself OFF.

**NOTE:** Depending on how long you anticipate leaving the Food Steamer in the Keep Warm Mode, make sure that you refill the Steamer Base through the Water-Fill Drawer so that the water level is between the MIN and MAX lines. If the Food Steamer boils dry, that is, when there is only 1 tablespoon of water left in the Steamer Base, the Steamer will emit a loud, constant buzzing Boil-Dry Alarm. (See the Boil-Dry Alarm detailed explanation in this Owner’s Manual.)

## To Use The Delay Timer



1. Press the ON/OFF Button. A signal will sound and 00:00 will appear on the LCD Display.
2. Press the STEAMER/TIMER SET Button once. The word "STEAMER" will begin to flash and the preset time of 00:20 minutes is displayed.
3. Press the MINUTE Button to adjust steaming time in minutes. *(Hint: Hold down the button to fast advance.)*
4. Press the HOUR Button to change to 1 hour. The maximum steaming time is 2 hours.
5. Press the STEAMER/TIMER SET Button again. The word "TIMER" will begin to flash.
6. To set the length of time before you want the Steamer to turn itself on, press the MINUTE Button to adjust Delay Time in minutes. *(Hint: Hold down the button to fast advance.)*
7. Press the HOUR Button to advance the number of hours. *(Hint: Hold down the button to fast advance.)* The maximum Delay Time is 12 hours.
8. After 5 seconds of inactivity, the Food Steamer will automatically switch to Delay Mode. The word "TIMER" will remain steady, the colon will flash, and the time on the Display Window will count down until it reaches 00:00.
9. The Steamer will automatically turn ON to cook. The word "TIMER" will disappear and the word "STEAM" will be in the Display Window and the colon will flash. The red Indicator Light will illuminate.
10. To ensure freshness – when using the Delay Timer, we recommend setting it for as short a time as possible.

**NOTE: Do not use the Delay Timer if your recipe includes eggs, fresh milk, or other dairy products, meats, poultry, fish, etc. that may spoil.**

## Boil-Dry Alarm

**WARNING:** Do not plug in the Steamer unless the Water Gauge is filled to the MAX mark. When cooking foods for more than 1 hour, check the Water Gauge. When the water level reaches the MINIMUM marking, you must refill with water. Follow the water-filling instructions previously described in this Owner's Manual.

**CAUTION:** If the Steamer does not contain sufficient liquid, the thermostat will cycle on and off to regulate the temperature.

1. Unplug immediately.
2. The Steamer is equipped with a self-resetting thermostat.
3. If the Food Steamer boils dry, that is, when the water level goes down to the MINIMUM line on the Water Gauge, the red Indicator Light will flash, the time in the Display Window will freeze at that time and the Steamer will emit a loud, constant buzzing alarm.
4. Unplug and let the unit cool completely to allow the thermostat to reset. The Steamer will then be ready for reuse.

## HINTS FOR BEST RESULTS

1. When placing food into the Steamer Baskets, make certain not to block all of the steam holes. This is especially important when cooking with multiple Steamer Baskets. There must be adequate air circulation around the food to ensure even steaming on all levels.

**WARNING: DO NOT OVERFILL STEAMING BASKETS AS THIS WILL IMPAIR THE STEAMING ABILITY OF THE APPLIANCE. ONLY FILL BASKETS APPROXIMATELY HALF FULL WITH FOOD.**

**NOTE:** When steaming large quantities of food, it may become necessary to rearrange the food. Use protective oven mitts to remove the Lid. Always tilt Lid away from your face when removing the Lid to avoid burns caused from steam. Gently move food; then replace Lid immediately when finished.

2. Experiment with various vegetables and combinations. Using the recipes and the Cooking Guide supplied in this booklet as a guide, you may experiment and adjust your cooking times to your personal taste.
3. When steaming foods for long periods of time, (more than 1 hour) use a cup with a spout filled with water to refill Food Steamer when necessary. Consult the OPERATING INSTRUCTIONS for detailed refilling procedures.

## STEAMING FRESH VEGETABLES

1. Clean vegetables thoroughly. Cut off stems; peel or chop if necessary. Smaller pieces steam faster than larger ones.
2. Quantity, quality, freshness and size/uniformity may affect steaming times. Adjust steaming time as desired.

**WARNING:** When cooking foods for more than 1 hour, check the Water Gauge. Since the Food Steamer cannot operate properly when the water level reaches below the MINIMUM marking, you must refill with water. Follow the water-filling instructions previously described in this Owner's Manual.

# FRESH VEGETABLE STEAMING CHART

The times in the STEAMING CHART are approximate. Set the Timer and check for doneness at the suggested cooking time; continue cooking if necessary. The size and shape of the food, as well as personal taste, may call for adjustments. If you want softer vegetables, add more water if necessary, and steam for additional time. Do not allow the water in the Steamer Base to boil dry.

<b>Vegetable</b>	<b>Amount (Approximate)</b>	<b>Suggested Cooking Time*</b>
Artichoke, Whole***	3 medium, tops trimmed	50 to 55 min.
Asparagus, Spears	1 lb.	20 to 25 min.
Beans, Green/Wax, Cut or Whole	1 lb.	45 to 55 min.
Broccoli, Spears	1/2 to 1 lb.	35 to 45 min.
Florets	1/2 to 1 lb.	20 to 25 min.
Brussels Sprouts	1 lb.	25 to 30 min.
Cabbage, 1/8 Wedges	1 head	45 to 50 min.
Carrots, 2-inch Chunks	1 lb.	25 to 30 min.
Cauliflower***	1 medium head	35 to 40 min.
Florets	1/2 to 1 lb.	35 to 40 min.
Corn on the Cob	3 small	35 to 45 min.
Mushrooms, Whole	1 lb.	10 to 12 min.
Parsnips, Whole	1 lb.	40 to 50 min.
Potatoes, New, Whole	2 lb.	45 to 55 min.
Rutabaga, Quartered	1 lb.	55 to 65 min.
Spinach	12 oz.	10 to 13 min.
Summer Squash: Yellow and Zucchini, 1/2-inch slices	1 lb.	10 to 15 min.
Turnips, Halved	1 lb.	45 to 60 min.
Winter Squash, cut in half, or to fit in Basket, skin up	1 squash	30 to 50 min.

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

\*\*Foods that steam in the TOP or MIDDLE Basket(s) may require additional cooking time.

\*\*\*Use the BOTTOM Basket and Insert and MIDDLE Basket without an Insert.

## STEAMING FISH, POULTRY & PRE-COOKED MEATS

1. The steaming times listed in the Chart are for fresh or frozen **(fully thawed)** fish or shellfish. Before steaming, clean and prepare fresh seafood.
2. Use lettuce leaves under fish fillets and fish steaks to catch some of the juice and to make removing the fish easier.
3. Clams, oysters and mussels may open at different times. Check the shells to avoid over-cooking.
4. Marinate fish to impart flavors before cooking. Serve steamed seafood plain or use seasoned butter or margarine, lemon or add your favorite sauces after steaming.
5. Adjust steaming times accordingly to suit your personal taste.

## FISH STEAMING CHART

Fish / Shellfish	Weight or Number of Pieces (Approximate)	Suggested Cooking Time
Clams in Shell		
Littlenecks	6	18 to 20 min.
Cherrystones	4	20 to 25 min.
Crab, pre-cooked		
King Crab, Legs/Claws	6	20 to 25 min.
Lobster Tails	2	20 to 30 min.
Oysters in Shell	6	20 to 25 min.
Scallops		
Bay (shucked)	12	18 to 20 min.
Sea (shucked)	12	15 to 20 min.
Shrimp		
Medium, in shell	12	8 to 10 min.
Fish		
Whole Trout	2 small	15 to 20 min.
Fillets	3	15 to 22 min.
Steaks	2	20 to 25 min.

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

\*\*Foods that steam in the TOP or MIDDLE Basket(s) may require additional cooking time.


## PRE-COOKED MEAT & POULTRY STEAMING CHART

Meat/Poultry	Weight or Number of Pieces	Suggested Cooking Time
Chicken Breasts, Boneless, Skinless	to fit in Basket	30 to 40 min.
Hot Dogs	1 package	14 to 18 min.
Pre-Cooked Sausage	1 lb.	18 to 20 min.

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

\*\*Foods that steam in the TOP or MIDDLE Basket(s) may require additional cooking time.

## STEAMING EGGS

1. Place the BOTTOM  Steamer Basket securely onto the Base for cooking. Make sure the Basket Insert is firmly in place with the dimples pointed down.
2. Pierce the large end of the eggs with a tack to help avoid cracking while cooking. Place 1 to 6 egg(s) into the dimples, large end up.
3. Securely place the Lid on top of the Steamer Basket. ***Do not use more than one Steamer Basket, since eggs will not cook evenly in upper Baskets.***
4. Depending on the type of egg you would like to prepare, set the Timer to steam eggs for the amount of time suggested in the BOILED EGG STEAMING CHART.
5. When the time in the Display Window reaches 00:00, the Steamer will beep 5 times as an alert.

**WARNING: Steam is hot and can cause burns. Keep hands and face away from Vents in the Lid. Use protective oven mitts to remove Steamer Baskets from the Base and to lift the Lid. When removing the Lid after steaming, always tilt away from your face to avoid burns caused from steam.**

6. Use a large spoon to remove the eggs. Place them in a heat-resistant colander. Run cold water over the eggs for about 30 seconds to prevent them from further cooking.

## BOILED EGG STEAMING CHART

Boiled Eggs In Shell	Number of Large Eggs	Suggested Cooking Time
Soft Boiled	1 to 6	10 min.
Medium Boiled	1 to 6	15 min.
Hard Boiled	1 to 6	20 min.

## Boiled Eggs, In Cup

1. Place 1 raw egg into each custard cup coated with butter.  
Season with salt and pepper, if desired. Place custard cup(s)  
onto Insert in the BOTTOM Steamer Basket.
2. Cover with Lid.

Boiled Eggs In Cup	Number of Large Eggs	Suggested Cooking Time
Soft Boiled	1 to 4 custard cups	12 to 14 min.
Hard Boiled	1 to 4 custard cups	16 to 18 min.


## Scrambled Eggs

1. In a small bowl, beat 6 eggs together. Add 2 tablespoons milk  
and seasonings.
2. Coat Rice Cooking Bowl with butter. Add egg mixture.
3. Stir eggs about halfway through cooking, when the eggs start to  
set around the edge.

Scrambled Eggs	Number of Large Eggs	Suggested Cooking Time
Scrambled	6	20 to 22 min.

## USING THE RICE COOKING BOWL TO STEAM RICE

Using the Rice Cooking Bowl, the cook's essentials® 3-Tier Food Steamer can be used to cook rice.

- Use the Rice Cooking Bowl to prepare light and fluffy rice: cook brown or white rice, and even wild rice.
1. Add the rice and water amounts listed on the RICE STEAMING CHART to the Rice Bowl. The amount of water will be less than listed on the rice package because the Steamer will retain moisture.
  2. Place the Rice Cooking Bowl into the BOTTOM  Steamer Basket. Make sure the Basket Insert is securely in position. Add NO MORE THAN 1 cup of rice plus the amount of water and other ingredients suggested on the RICE STEAMING CHART. The amount of water will vary depending on the type of rice or grain.
  3. Place the Steamer Basket securely onto the Steamer Base for cooking, then add the Lid.
  4. Set the Timer to steam rice for the amount of time suggested on the RICE STEAMING CHART in this Owner's Manual.
  5. Note that if the cooking time is longer than 1 hour, it will be necessary to replenish the water in the Steamer Base. Consult the OPERATING INSTRUCTIONS for detailed refilling procedures.
  6. Use protective oven mitts to remove the Lid. Always tilt Lid away from your face when removing the Lid. If excess liquid remains in the Rice Cooking Bowl after rice is done, then use a spoon or ladle to remove the excess water, a little at a time. Replace the Lid and continue to cook for an additional 3 to 5 minutes, taking care not to let the Steamer Base or the grains boil dry.

# HINTS FOR STEAMING RICE

- 1. There are many types of rice. Follow specific directions for the variety used.
- 2. For softer rice, increase the amount of water indicated in the chart by 1 to 2 tablespoons. For firmer rice, decrease the amount of water added to the Rice Cooking Bowl by 1 to 2 tablespoons.
- 3. At the time specified on the chart, use protective oven mitts to remove the Lid. Always tilt Lid away from your face when removing to avoid burns. Be careful not to allow condensed water to spill into the Rice Cooking Bowl since this would reduce the quality and flavor of the steamed rice. Stir the rice in the Rice Cooking Bowl and check its doneness and consistency.
- 4. Rice may be seasoned with salt, pepper, or butter after steaming.

## RICE STEAMING CHART

Type of Rice Grain	Amount of Raw Rice	Amount of Cold Water	Suggested Cooking Time
White Rice, Short, Regular, Long, or Extra Long	1 cup	1-1/4 cups	35 to 45 min.
Brown Rice, Regular, Long, or Short-Grain	1 cup	1-1/4 cup	50 to 60 min.
Long-Grain & Wild Rice	1 cup	1-2/3 cups	55 to 60 min.
Rice Mix (1 package)	5 to 7 oz.	1-2/3 cups	45 to 50 min.

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

**NOTE:** Do not remove Lid until ready to serve. You can keep cooked rice on the KEEP WARM setting until ready to serve.

## DESCALING

We recommend that you descale your 3-Tier Steamer after every 7 to 10 uses because mineral deposits can form a coating on the Filter, Drip Tray, Heating Element, and in the Steamer Base, causing longer steaming times and possibly an off flavor in the foods.

1. Fill the Steamer using equal parts of water and vinegar: approximately 2 cups water + 2 cups vinegar. Make sure the Filter is in place. Add the Drip Tray.
2. Follow steaming instructions except ***do not add Steamer Baskets, Steamer Basket Inserts, or Lid.***
3. Set the Timer for 20 to 25 minutes. Unplug Steamer when Timer sounds. Wait until the Steamer and vinegar solution has cooled down before attempting to empty the Drip Tray and Steamer Base.
4. Rinse Steamer Base Filter and Drip Tray several times with fresh, cold water. Hand wash thoroughly to remove all traces of the vinegar.
5. Wipe exterior with a damp cloth.

# USER MAINTENANCE INSTRUCTIONS

**WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT REMOVE THE BOTTOM COVER. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY.**

## Care and Cleaning

**CAUTION: Unplug and allow Steamer and water to cool completely before emptying water from the Drip Tray and Steamer Base and before cleaning.**

**IMPORTANT: Always empty the Steamer Base and Drip Tray and clean the Filter after each use. Fill with clean water before each use.**

1. Press the ON/OFF Button to turn the Steamer OFF. The Indicator Light will be OFF.
2. Unplug and allow Steamer and water to cool completely before cleaning.
3. Use the 2 Handles on the Drip Tray to carefully lift the Drip Tray out of the Steamer Base. Raise it up high enough to clear the Heating Element under the Drip Tray.
4. Remove the Filter to clean.
5. The Steamer Lid, Steamer Baskets, Inserts and Drip Tray are top rack dishwasher safe or they can be washed by hand in warm, soapy water. Rinse thoroughly. Wash the Filter by hand. Use a small stiff kitchen brush to clean if necessary. Dry the Steamer Base and all Accessories after each cleaning.
6. Clean the outside of the Steamer with a soft, damp cloth.

**CAUTION: DO NOT IMMERSE CORD, PLUG OR STEAMER UNIT IN WATER OR OTHER LIQUID.**

## Storage

Unplug the 3-Tier Steamer from the wall outlet and clean all parts. Be sure all parts are dry before storing. The 3 Tiers with the Inserts in position, and the Rice Cooking Bowl, nest themselves inside each other for easy storage.

Store appliance in its box or in a clean, dry place. Never store it while it is hot, wet or still plugged in. Never wrap power cord around the appliance.



## RECIPES

### Delicious Classic Egg Salad with Dill

Makes about 2-1/2 cups, enough for 4 sandwiches

6 large hard-boiled eggs, peeled and diced into 3/8" cubes

1/4 cup mayonnaise

2 tablespoons minced red onion

3 tablespoons chopped fresh dill

1 medium celery stalk, chopped finely

3 to 6 Claussen® dill hamburger sliced pickles, chopped

1 tablespoon ground mustard

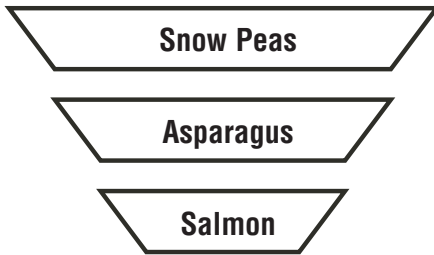
1 garlic clove, minced

1/2 teaspoon salt

red pepper flakes to taste

1. Allow eggs to cool, then peel off the shells.
2. Combine all ingredients in large mixing bowl. Add additional seasonings after tasting.

### 3-Tier Meal:



## Asian Glazed Salmon with Steamed Asparagus and Pea Pods

2 (4-oz.) salmon fillets, skin removed

1/4 cup sesame oil

1/4 cup soy sauce

1/4 cup brown sugar

1/4 cup chopped green onions

1 tablespoon grated ginger

1 garlic clove, minced

2 large lettuce leaves

1 lb. asparagus spears (very thin)

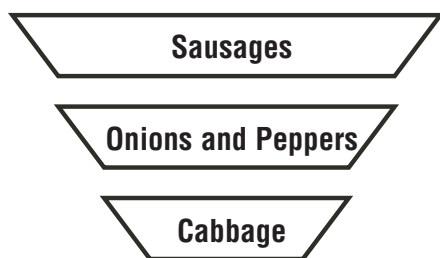
1 lb. snow peas

1. Combine the sesame oil, soy sauce, brown sugar, green onions, ginger and garlic together in a locking plastic bag. Place the salmon into the marinade and refrigerate at least 30 minutes.
2. Place the lettuce leaves in the BOTTOM Basket and lay the salmon fillets on top of the lettuce leaves. Set securely in place on the Base.
3. Place the asparagus in the MIDDLE Basket and place securely on top of the BOTTOM Basket.
4. Place the snow peas in the TOP Basket and place securely on top of the MIDDLE Basket.
5. Set the Timer for 18 minutes. Check all foods for doneness. Continue cooking if necessary.

Arrange salmon on a platter with vegetables, garnish with additional fresh chopped green onions, sprinkle with sesame seeds and serve.

**NOTE:** Use very thin-stalked asparagus if possible. If asparagus are thick, peel woody outside (with potato peeler) first.

### 3-Tier Meal:



## Smoked Turkey Sausage with Cabbage, Onions and Peppers

1 (14 to 16 oz.) package smoked turkey sausage,  
cut into 6 pieces

1/2 head cabbage, cut into 1-inch chunks

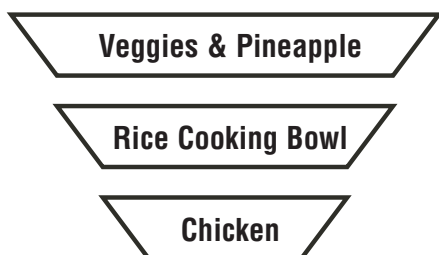
1 onion, cut into 1-inch chunks

1 green pepper, cut into 1-inch chunks

1 red pepper, cut into 1-inch chunks

1. Separate cabbage leaves and place into the **BOTTOM** Basket. Set securely in place on the Base and add the Lid. Set the Timer for 10 minutes.
2. While the cabbage is cooking, place the onions and peppers in the **MIDDLE** Basket. When Timer sounds, remove Lid, hold onto the Basket Handle and stir cabbage. Then set the **MIDDLE** Basket securely in place on top of the **BOTTOM** Basket and add the Lid. Set the Timer for another 10 minutes.
3. Cut the sausage and place into the **TOP** Basket. When the Timer sounds, remove the Lid, hold onto the Basket Handle and stir the onions and peppers. Then set the **TOP** Basket firmly on top of the **MIDDLE** Basket, and add the Lid. Set the Timer for 20 minutes.
4. Check to make sure sausages are heated through. Continue cooking if necessary.

### 3-Tier Meal:



## Sweet & Sour Chicken Breast Dinner

2 chicken breasts, boneless and skinless

Lawrey's® Seasoning Salt

1 cup long grain white rice

1-1/4 cups water

1/2 medium onion, thinly sliced

1/2 green pepper, sliced

4 oz. mushrooms, sliced

1 can water chestnuts, drained

1/2 cup fresh bean sprouts (or 5 oz. canned bean sprouts, drained)

1 cup candied dried pineapple

### Sweet & Sour Sauce

1 cup chili sauce

1/2 cup grape jelly

1. Season chicken breasts with seasoning salt and add to BOTTOM Basket. Set securely in place on the Base.
2. Place the rice and water into the Rice Cooking Bowl. Place the MIDDLE Basket securely on top of the BOTTOM Basket and add the Rice Cooking Bowl.
3. Place onion, green pepper, mushrooms, water chestnuts, bean sprouts, and dried pineapple in the TOP Basket. Set the TOP Basket securely on top of the MIDDLE Basket and add the Lid.
4. Set the Timer for 45 minutes. Check foods for doneness. Continue cooking if necessary.
5. Combine the chili sauce and grape jelly. Heat in the microwave until hot. Mix thoroughly.
6. Arrange rice on a platter. Add chicken breasts and vegetables. Pour hot sweet/sour sauce over the top to serve. Sprinkle 3 tablespoons sesame seeds over top, if desired.

