

2-Tier Microwave Steamer

Instructions

Before steaming, please pour a cup of water into the water tray.

Important:

1. The top tray is usually used for steaming vegetables (potatoes, tomato, egg plant)
2. While steaming tomatoes, please make a small cut in the tomato skin and steam for about 1.5 minutes in the top tray. To remove skin, wash in cold water.
3. Always steam vegetables without salt for a short time and with a cup of water.
4. When using both steam trays, please use the shortest time indicated for both vegetables. Do not add times together (please check for food readiness after steaming and repeat the step if it doesn't seem ready).

Vegetables	Complete or Chopped	Steam Valve (Open/Closed)	Quantity (Pcs)	Time (Minutes)
Artichoke	Chopped	Closed	2	8
Asparagus	Complete	Closed		5
Beans	Complete			6
Beet or Turnip	Chopped in small pieces	Closed	1	10
Cabbage	Chopped	Closed		8-10
Carrots	Chopped in slices	Closed		7
Cauliflower	Chopped in pieces			7
Celery	Chopped in small pieces	Closed		8
Chicory & Cabbage	Chopped in leaves	Closed	4	12
Mushroom	Complete	Open		3
Paprika	Chopped or sliced	Closed		10
Peas	Complete (add dish)	Closed		6
Potatoes	With peel		4	9
Tomatoes	Cut cross	Closed	4	4
Zucchini	Chopped in pieces/slices	Closed		7

Tips for Steaming Fish

Fish with skin: Make 2 cuts in the skin of the fish.

Fish without skin: (SeaBream, Cod, Salmon) steam for 2 to 3 minutes.

Doversole: Remove skin before steaming.

Fish	Complete or Sliced	Steam Valve (Open/Closed)	Quantity (Pcs)	Time (Minutes)
Atlantic Salmon	Slices	Closed	2	2-4
Snapper	Slice	Closed	1	3-6
Monkfish	Slices	Closed	2	2-5
Seawolf	Slice	Closed	1	2-6
Mackerel	Slices	Closed	2	2-5
Skate wing	Slices	Closed	2	3-6
Sea Bass	Slices	Closed	2	1-3
Salmon	Slices	Closed	2	1-4
Tuna	Slices	Closed	1	3-8
Trout	Slices	Closed	2	1-4
Mussels	Complete	Closed		4

Tips

- Pasta's like Spaghetti, Noodles, Macaroni etc. can be reheated/hydrated and moisturized with the Microwave Steamer. Please fill the Microwave Steamer with half a cup of water, fill the tray(s) with the pasta for reheating. Open the steam valve, put on the lid and cook for 2 minutes.
- Salmon or Cod: add half a cup of water in the water container, add some Fish Broth or white wine to add some flavor. Put the Salmon or Cod in one of the trays. Close the steam valve, put on the lid and cook in the microwave for 4 minutes.
- Mussels: please add half a cup of water or some white wine for flavoring and fill up the trays with mussel. For extra flavoring you can add some vegetables and spices. Close the steam valve, put on the lid and cook in the microwave for 4 minutes. Mussels are ready for serving once the shell opens.

IMPORTANT NOTE: THIS ITEM IS TOP RACK DISHWASHER SAFE.

Warning: The times indicated in these instructions are approximate as they depend on the power of each microwave oven. We recommend you start with less time than shown, increasing the time little by little, so that in future uses you will know the exact time required for cooking each dish.

Manufactured for
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