

Sunbeam

VitaSteam™ Food Steamer

Instruction Booklet
ST6650

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığundan emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM VITASTEAM.

- Ensure your steamer is used at least 50cm (half a metre) away from a gas flame or electric element.
- Do not operate the steamer on an inclined surface.
- Do not move or cover the steamer whilst in operation.
- Do not immerse the base of the steamer in water or any other liquid.
- Use your steamer well away from walls, curtains and cupboards that may be affected by steam.
- Do not use your steamer in confined spaces.
- When removing the lid when steaming, open the lid away and angle away from your body.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug – do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This appliance is intended to be used in household and similar applications such as staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.
- Do not immerse the appliance in water or any other liquid unless recommended.
- The drip trays and the rice bowl can become hot. Do not touch whilst the unit is operating.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

Features of your VitaSteam™

6 Cup Capacity Rice Bowl

The separate rice bowl cooks light and fluffy rice every time.

3 x 3 Litre Steaming Bowls

Enables you to cook your entire meal using one appliance. Steam meat, poultry, seafood or fish in the lower tray, then add the upper trays to steam nutritious vegetables rice and even fruit. The steaming bowls are shatter resistant to prevent breakage.

Removable Drip Tray

Collects the fats, juices and condensation during steaming, and is removable for easy cleaning.

Water Level Indicator

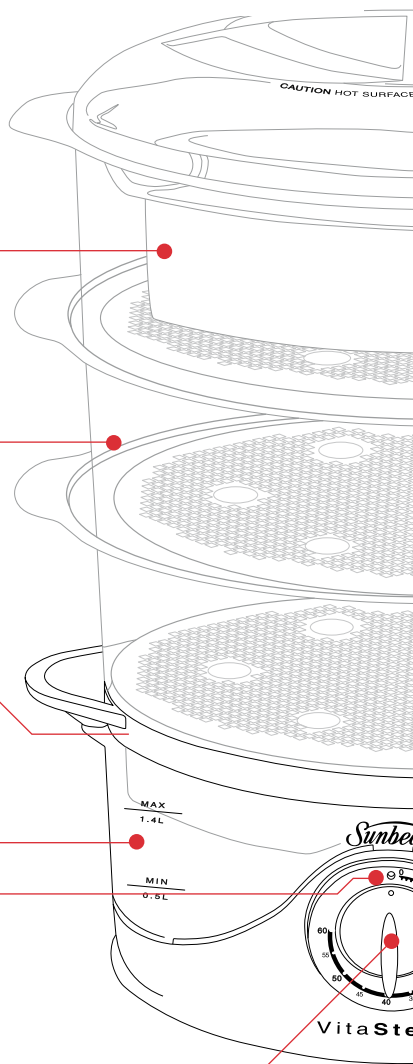
External water level indicator and fill hole allows you to easily add water to your steamer.

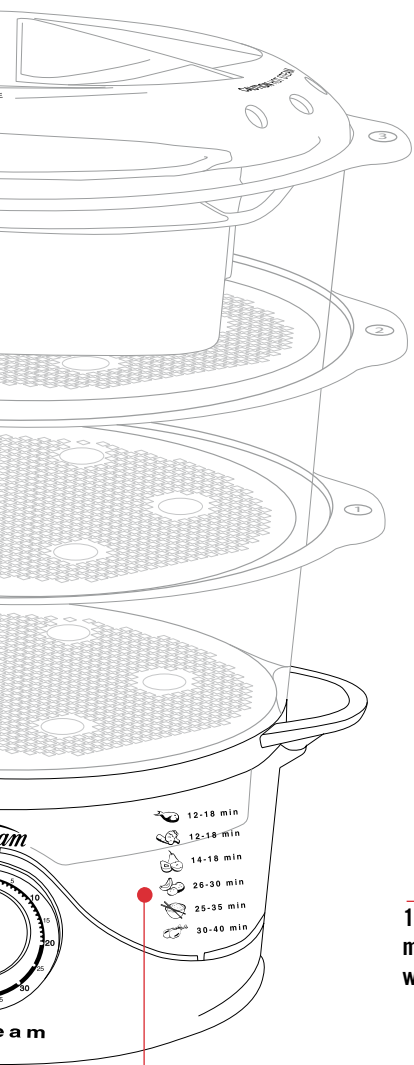
Neon On/Off Light

Indicates when the appliance is steaming.

60 Minute Timer with Auto-Off

Allows you to set the steamer to cook your meal exactly the way you like it. The steamer automatically turns off when it has finished cooking.





Handy Steaming Guide

- 12-18 min
- 12-18 min
- 14-18 min
- 25-30 min
- 25-35 min
- 30-40 min

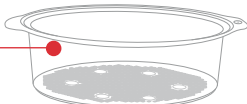
Lid



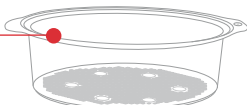
6 cup rice bowl



3 litre steaming tray



3 litre steaming tray



3 litre steaming tray



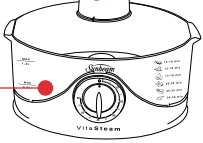
Removable drip tray



Instant steam sleeve



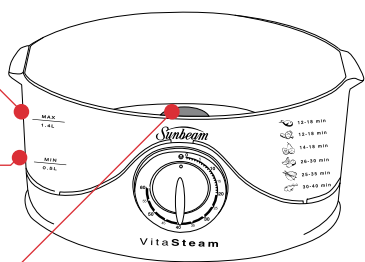
Power base



1400ml maximum water level

500ml minimal water level

Exposed heating element



An Introduction to Steam Cooking

Congratulations on the purchase of your new Sunbeam VitaSteam Food Steamer. You will now be able to enjoy the benefits and convenience of steam cooking.

Steaming is one of the healthiest cooking methods available, as it requires no fats or oils. Steaming ensures that fruit and vegetables retain vitamins and minerals

required for a balanced diet. Meats such as chicken can be gently steamed to retain their flavour and tenderness, while the fats drain away.

Steaming is also gentle, as the food never comes in contact with the cooking liquid, ensuring that it retains its shape, colour and texture.

Using your VitaSteamTM

Before using your VitaSteam for the first time, wash the steaming bowls, rice bowl, lid and drip tray in warm soapy water. Rinse and dry thoroughly. Operate the steamer for 15 minutes using a solution of 1 tablespoon lemon juice and 2 cups water in the reservoir.

Note: You may notice a slight odour during this first operation. This is normal with many heating appliances and will not affect the performance of your steamer.

1. Fill the water reservoir above the 'MIN' water level and no higher than the 'MAX' water level.

Note: Use only clean water in your VitaSteam. Do not use wine, stock or other liquids.

2. Put the Removable Drip Tray in place.

Note: Do not operate the Steamer without the Removable Drip Tray.

3. Place food to be steamed without sauce or liquid into the steaming bowls and place on the Power Base. If steaming with sauce or liquid, use the rice bowl and place inside one of the steaming bowls.

4. Replace the lid.

5. Insert the plug into a 230-240V power outlet and turn the power on.

6. Set the timer to the required minutes.

7. A bell will sound when the selected time has elapsed and the steamer will automatically switch off. Using oven mitts or a cloth, remove the lid by tilting it away from you to ensure steam is safely released without scalding. Hold the lid over the steamer to allow the condensation to drain into the unit before removing completely. Remove the plug from the power outlet after use.

8. Remove the steamer tray/rice bowl and serve the food.

Note: Use caution when handling the base of the unit and steamer/rice bowl as these will be hot.

For Best Results

The cooking times stated in this booklet are a guide only. The steaming time required for specific foods is affected by the following:

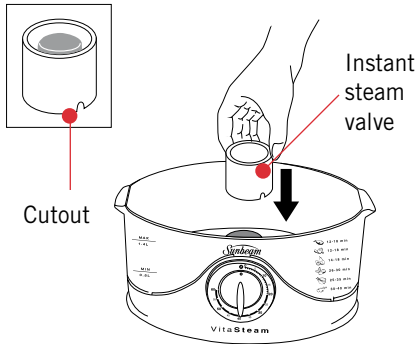
- The size, quality and the temperature of the food.
- The degree to which you like your food cooked.
- The temperature of the water used for steaming.

To ensure good results using your VitaSteam, follow these simple tips: –

- Remove food immediately after the steaming cycle is completed. Food will continue to cook slightly due to the accumulated steam, if you leave it in the steamer.
- Food should be arranged evenly in both steamer bowls. Foods of uniform size will steam at a similar rate.

Guide to Instant Steam Function

The VitaSteam features an Instant Steam Function that will enable steam to be generated in as little as 30 seconds. For this feature to operate you must place the Instant Steam Sleeve in position.



The Sleeve concentrates a small amount of water around the Exposed Heating Element, quickly bringing it to boiling temperature to produce steam, rather than heating all of the water in the reservoir.

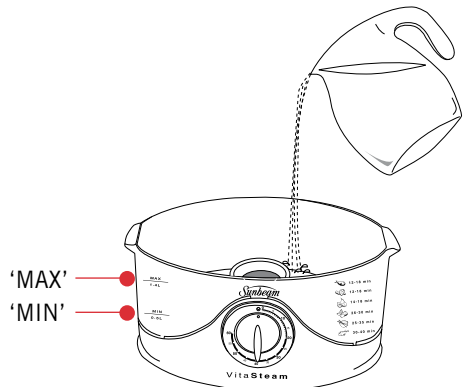
The Sleeve has a small cut out in the bottom to allow water to flow into the contained water area. When the Sleeve is in position the cut out must be located at the bottom to allow the water to flow in.

For more efficient steaming we recommend that the appliance is always operated with the Instant Steam Sleeve in position.

Guide to Water Levels

Your VitaSteam relies on the water reservoir being full of water to operate. Fill the water reservoir with clean water only. The water level must be between the 'MIN' (500 ml) and 'MAX' (1400ml) markings.

When continuously cooking food with your steamer ensure that the water level does not fall below the 'MIN' marking (500ml).



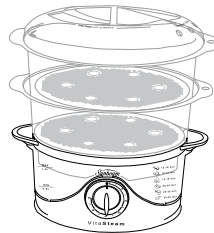
Guide to using the Steaming Trays

The VitaSteam comes with three steaming trays – each 3 litres. The appliance can operate with two or three trays stacked on top of each other or with just one tray in position. To enable the trays to stack properly, they need to be used in number order, with tray number one on the bottom.

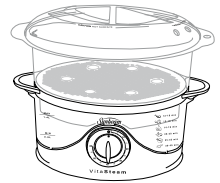
Place the largest piece of food with the longest cooking time in the lower steaming bowl, then place on top of the Removable Drip Tray and Power Base.

Then place the upper steaming tray on top for cooking of vegetables.

2 Trays



1 Tray



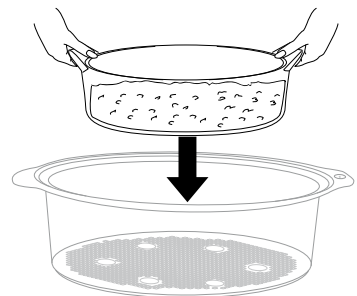
Guide to using the Rice Bowl

Cooking of rice must be done in the Rice Bowl. The Rice Bowl can either be placed in any of the trays.

Note: When using multiple trays place rice in the bowl on the top steaming tray.

Both uncooked rice and water must be added to the Rice Bowl. Check the recommended quantities on Page 11.

When handling the Rice Bowl use insulated pot holders/oven mitts to avoid burns from the hot steam.



Care and Cleaning

Before cleaning your Sunbeam VitaSteam, ensure the power is turned off at the power outlet and the plug removed.

Wash the rice bowl, steam tray, drip trays and the lid with a soft cloth in warm, soapy water, rinse and dry. **DO NOT** wash in an automatic dishwasher as the hot water temperatures and harsh detergents may ultimately warp and scratch these parts.

DO NOT use abrasives, abrasive cleaners or alkaline cleaning agents when cleaning as these may scratch or damage the unit.

Wipe out the interior of the steamer base with a warm, damp cloth or a small brush.

Wipe the exterior of the base with a damp cloth or sponge. **DO NOT** use abrasives, abrasive cleaners or alkaline cleaning agents when cleaning as these may scratch or damage the unit.

Warning.

NEVER IMMERSE THE BASE OF YOUR STEAMER IN WATER OR ANY OTHER LIQUID.

Important – Mineral Deposits.

Mineral deposits may accumulate on the Exposed Heating Element which can result in your Sunbeam VitaSteam switching off before the cooking cycle is complete. To remove this build up use a wet scouring pad and rub over the surface of the heating element only after each use.

Alternatively, prepare a solution of either:

- (i) 2 cups of water in which 1 teaspoon of cream of tartar has been dissolved; or
- (ii) 2 cups of water to which 1 tablespoon of lemon juice or white vinegar has been added.

Pour the solution into the reservoir, position the Lid and operate your Sunbeam VitaSteam for approximately 15 minutes. Remove the lid and clean as directed. If excess scale has built up, repeat this process.

Note:

If food with a strong odour, such as fish and cabbage has been steamed, the above procedure may be followed with the Steamer trays or rice cooker bowl in position. This will ensure that the odour is not transferred to the next steaming cycle.

Vegetables – guide to steaming times

The following are some handy hints on how to steam vegetables:

1. Before steaming, wash the vegetables thoroughly.
2. Cut off stems and peel if desired.
3. Cut vegetable to the desired size (smaller pieces steam faster than larger ones).
4. To retain the vegetables flavour and nutrients, steam until just tender, but still slightly firm.
5. When steaming several different vegetables at once, place the largest and firmest in the steamer first. Add other vegetables according to size during the steaming time.
6. If a sauce or liquid is to be prepared with the vegetables, use the rice bowl for steaming.
7. Frozen vegetables should not be thawed before steaming.

VEGETABLE	QUANTITY	APPROX. TIME IN MINUTES
Artichokes – globe	3 whole, tops trimmed	18 – 25
Asparagus	500gms	12 – 15
Beans – Green or Wax	500gms, cut or whole	12 – 15
Beetroot	500gms, whole with 3cm tops	38 – 42
Broccoli	500gms	12 – 16
Brussel Sprouts	500gms	17 – 20
Cabbage	500gms, coarsley shredded	12 – 16
Carrots	500gms, sliced	17 – 20
Cauliflower florets	500gms	17 – 20
Celery	1 bunch, thinly sliced	17 – 20
Corn on Cob	3 to 5 cobs	35 – 40
Mushrooms	500gms, whole	7 – 10
Onions	250gms, thinly sliced	12 – 16
Parsnip	500gms, peeled and sliced	12 – 16
Peas	500gms, shelled	17 – 20
Peppers	500gms, halved, seeds removed	7 – 10

Vegetables – guide to steaming times (continued)

VEGETABLE	QUANTITY	APPROX. TIME IN MINUTES
Potatoes		
1. New	500gms, whole (approx. 8)	28 – 31
2. Red or White	500gms, whole (approx. 3)	38 – 42
3. Sweet	500gms, cut into 3cm pieces	26 – 29
Pumpkin	500gms, cut into 3cm pieces	26 – 29
Turnip	500gms, cut into 3cm pieces	26 – 29
Zucchini	500gms, sliced	7 – 10
FROZEN VEGETABLES		
Green Beans	500gms	17 – 20
Lima Beans	500gms	17 – 20
Broad Beans	500gms	17 – 20
Broccoli (cuts)	500gms, cuts	17 – 20
Brussel Sprouts	500gms	17 – 20
Carrots (sliced)	500gms, sliced	17 – 20
Cauliflower	500gms	17 – 20
Mixed Vegetables	500gms	17 – 20
Peas	500gms	17 – 20
Corn on Cob	500gms	26 – 29

Rice, Grain & Cereals – guide to cooking times

To cook rice in the rice cooker bowl, the following are some handy hints:

1. Wash rice well under cold running water, using a fine sieve.
2. Place rice and water into the rice cooker bowl.
3. Cover with the lid and set the timer.
4. For firmer rice, slightly decrease the water specified in the rice cooker bowl.
5. For softer rice, slightly increase water quantity.

RICE, GRAIN AND CEREALS

VARIETY	RICE COOKER BOWL		APPROX. TIME IN MINUTES
	Cups of Rice	Cups of Water	
Long Grain	1	1	22 – 29
Long Grain	2	2	30 – 36
Long Grain	3	3	38 – 42
Brown – Regular	1	1½	58 – 62

OTHER GRAINS AND CEREALS

VARIETY	METHOD	APPROX. TIME IN MINUTES
Oatmeal Regular	Put ½ cup oatmeal and 1 cup water into Rice Cooker bowl.	17 – 20
Rolled Oats	Put 1 cup rolled oats and 1½ cups water in Rice Cooker bowl. Place in the steaming tray, then put the lid on and set the timer.	17 – 20
Wheat-Cracked	Put 1 cup of cracked wheat into Rice Cooker bowl with 1½ cups of water. Place in the steaming tray, then put the lid on and set the timer.	26 – 29

Fish and Seafood – guide to cooking times

The following are some handy hints on steaming your fish and seafood:

1. Place fish in the Steamer tray.
2. If fish or seafood is to be poached or cooked in a sauce, use the Rice Cooker bowl.
3. Add lemon wedges, herbs and seasoning before steaming, as desired.
4. Add butter or margarine after steaming, if desired.
5. Fish is cooked when it flakes easily with a fork and is opaque in colour.
6. Frozen fish may be steamed without defrosting, except for fillets which need to be defrosted and separated before steaming. Fillets are best steamed in a single layer.
7. When steaming frozen fish, extend the steaming time.

TYPE	QUANTITY	APPROX. TIME IN MINUTES	SUGGESTIONS
Clams	500gms	7 – 20	Steam just until open.
Lobster, whole	750gms	17 – 20	Steam just until red.
Fish			
1) Fillet	500gms	12 – 16	Cook until fish flakes easily with fork. Season fish as desired with lemon juice, wine or herbs.
2) Steak	2cm thick	17 – 20	
3) Whole	500 – 750gms	17 – 20	
Mussels	500gms fresh in the shell	12 – 16	Steam just until open.
Prawns			
Medium	500gms, in the shell	12 – 16	Steam just until pink.
Large	500gms, in the shell	12 – 16	Steam just until pink.
Scallops, shelled	500gms	12 – 16	Steam just until hot and tender.

Poultry – guide to cooking times

To steam chicken and poultry using your VitaSteam, the following are some handy hints:

1. Select pieces of poultry of similar size for even cooking.
2. Arrange poultry in a single layer, to facilitate even cooking.
3. Removal of fat and the removal of skin is recommended.
4. If some colour is desired, brown poultry well in a non-stick frypan before steaming.
5. Steam until well done. Check by piercing the thickest part of the poultry. If the juices run clear, it is cooked.

TYPE	QUANTITY	APPROX. TIME IN MINUTES	SUGGESTIONS
Breast, on Bone	250gms (2 pieces)	38 – 41	Flesh side down.
Drumstick	500gms (4 pieces)	33 – 36	Thickest part to outside of Steamer tray.
Thighs, on Bone	500gms (4 pieces)	33 – 36	Thickest part to outside of Steamer tray.
Poached Breast Boneless	500gms (2 pieces)	42 – 45	Poach in Rice Cooker bowl.
Chicken, whole	1.3kg	50	
Duck, pieces	500gms (4-6 pieces)	47 – 50	Remove all visible fat
Quail, whole	500gms (6 pieces)	22 – 25	
Whole breast fillet	200gms (1 side of breast)	38-45	

Eggs – guide to cooking times

The following are some handy hints for cooking eggs in the VitaSteam:

1. The Steamer is ideal for boiling, poaching or scrambling eggs.
2. Using the Steamer tray, eggs may be cooked in the shell or cracked into individual size heatproof dishes. Each tray has 6 recesses to hold an egg each.
3. Scrambled eggs may be prepared in the rice cooker bowl.
4. Large eggs will require slightly longer cooking times.

VARIETY	QUANTITY	APPROX. TIME IN MINUTES
Soft Boiled	1 – 8	7 – 9
Hard Boiled	1 – 8	12 – 19
POACHED	1 – 6	12 – 15
Crack eggs into well greased ramekin dishes or smallcups and place into Steamer. Cover and steam.		
SCRAMBLED	6	17 – 20
Beat together eggs and ¼ cup milk in rice cooker bowl. Season with salt and pepper. Stir eggs 2-3 times during cooking.		

Guide to recipes

The recipes in this book are a guide to the various types of food you can cook in your Sunbeam VitaSteam.

Each recipe specifies if the Steamer tray or the rice cooker bowl should be used.

Under each recipe title there is a note of the approximate cooking time required. This may not always produce food cooked to your personal taste (over cooked/under cooked).

However, after you have used your Sunbeam VitaSteam and experimented with it, you will be able to decide the exact time requirements to achieve results you wish.

Recipes

Chicken & Cashew Wontons

Makes: 26

- 2 tablespoons cashew nuts, toasted, finely chopped
- 200g lean chicken mince
- 1 garlic clove, crushed
- 1/3 cup soy sauce
- 1 tablespoon oyster sauce
- 26 fresh flour wonton wrappers
- 3 teaspoons sesame oil
- 1 small red chilli, thinly sliced

1. Combine nuts, chicken, garlic, 1 tablespoon soy sauce and oyster sauce in a large glass bowl.
2. Place half the wrappers on a clean surface. Place 1 teaspoon of chicken mixture in the centre of each wrapper. Bring sides of wrapper up and pinch to form a pouch and enclose filling. Repeat with remaining wrappers and chicken mixture.
3. Arrange dumplings between three steamer baskets. Place lid on the basket and set timer to 10 minutes.
4. Combine remaining soy sauce and oil in a small glass bowl. Add chilli. Serve dumplings with dipping sauce.

Chicken Gow Gees

Makes: 24

- 1/4 cup sliced dried shiitake mushrooms
- 200g lean chicken mince
- 1 tablespoon finely chopped, unsalted, roasted peanuts
- 1 garlic clove, crushed
- 1 green shallot, finely chopped
- 1 long fresh red chilli, seeds removed, finely chopped
- 2 teaspoons hoisin sauce
- 24 gow gee wrappers

1. Place mushrooms in small heatproof bowl. Cover with boiling water. Set aside to soak for 20 minutes or until softened. Drain well and finely chop.
2. Combine mushrooms, chicken, nuts, garlic, shallot, chilli and sauce in a large glass bowl.
3. Place wrappers on a clean surface. Place one heaped teaspoon of mixture in centre of one wrapper. Brush edges with water. Pinch and pleat both sides together to seal. Repeat with remaining wrappers.
4. Arrange gow gees between three steamer baskets. Place lid on the basket and set timer to 12 minutes.
5. Serve gow gees with light soy sauce.

Recipes (continued)

Pork, Chestnut and Basil Dim Sims

Makes: 26

500g lean pork mince

227g can water chestnuts, drained, finely chopped

1 cup breadcrumbs

1 egg, lightly beaten

½ cup sweet chilli sauce

2 tablespoons finely chopped fresh basil

1 garlic clove, crushed

2 tablespoons sesame seeds, toasted

1. Combine pork, chestnuts, breadcrumbs, egg, 1 tablespoon chilli sauce, basil and garlic in a large glass bowl. Roll into balls.
2. Arrange balls in three steamer baskets. Place lid on the basket and set timer to 10 minutes.
3. Transfer balls to a serving platter. Sprinkle with sesame seeds. Serve with remaining chilli sauce.

Asparagus and Beans with Crispy Bacon Crumbs

Serves: 4-6 as a side dish

2 bunches asparagus, trimmed

150g green beans, trimmed

1 tablespoon olive oil

2 rachers bacon, chopped

1 cup roughly torn bread

2 cloves garlic, crushed

1 tablespoon finely chopped fresh parsley leaves.

1. Place asparagus and beans evenly in one steamer basket.
2. Place lid on the basket and set timer to 15 minutes. Steam for 12-15 minutes or until tender.
3. Meanwhile heat oil in a frypan over medium heat. Add bacon and cook for 2 minutes or until just brown. Add breadcrumbs and garlic. Increase heat to medium high. Cook for 5 minutes or until crumbs are brown. Stir in parsley.
4. Serve asparagus with crispy bacon topping.

Recipes (continued)

Steamed Asian Greens

Serves: 4

- 1 bunch baby choy sum, trimmed, washed
- 1 bunch baby pak choy, trimmed, washed
- 2 tablespoons kecap manis*
- 2 teaspoons toasted sesame seeds

1. Separate leaves and stems and cut in half.
2. Place stems in one steamer basket. Place lid on the basket and set timer to 3 minutes.
3. Place leaves in second steamer basket. Stack on top of first steamer basket. Place the lid on the basket and set timer to 6-7 minutes or until leaves have just wilted.
4. Transfer steams and leaves to a plate. Drizzle over kecap manis and sprinkle with sesame seeds.

*Kecap manis is sweet soy sauce and is sold in supermarkets and asian stores.

Yellow Coconut Rice

Serves: 4

- 1 cup jasmine rice, rinsed
- ½ cup coconut milk
- ½ cup water
- 1 teaspoon brown sugar
- ½ teaspoon fish sauce
- ½ teaspoon ground turmeric
- 3 green onions, (shallots), thinly sliced

1. Place rice in the rice cooker bowl. Add coconut milk, water, fish sauce and turmeric. Place rice cooker bowl in the steamer basket.
2. Place lid on the basket and set timer to 25 minutes. Steam for 25 minutes or until tender.
3. Transfer rice to a bowl. Stir with a fork to separate grains. Top with onions. Serve.

Recipes (continued)

Brown Rice Salad

Serves: 4-6

2 corn cobs, husks removed
1 cup brown rice, rinsed
185g tin tuna, drained, flaked
2 stalks celery, chopped
150g cherry tomatoes, cut into quarters
¼ cup chopped fresh flat-leaf parsley
¼ cup lemon juice
Salt and pepper, to taste

1. Place corn in one steamer basket. Place rice in the rice cooker bowl. Add 1 cup water. Place the rice cooker bowl in second steaming basket.
2. Place lid on the basket and set timer to 60 minutes. Steam corn for 35 minutes or until cooked. Remove corn and leave to cool.
3. Continue to steam rice for 25 minutes or until cooked.
4. Transfer rice to a large bowl. Using a sharp knife cut kernels from corn. Add corn and remaining ingredients. Season with salt and pepper. Serve.

Chicken Pilaf

Serves: 4-6

1 (225g) chicken breast
1 cup frozen peas
1 cup basmati rice, rinsed
1 orange, rind finely grated, juiced 1 tsp rind
⅔ cup chicken stock
3 green onions (shallots), thinly sliced
⅓ cup currants
⅓ cup slivered almonds, toasted
2 tablespoons finely chopped fresh flat-leaf parsley
2 tablespoon finely chopped fresh mint
Salt and pepper, to taste
Lemon wedges, to serve

1. Place chicken in one steamer basket. Place peas in second steamer basket.
2. Place rice into the rice cooker bowl. Add ⅓ cup orange juice and stock. Place rice cooker bowl in third steamer basket.
3. Place lid on the basket and set timer to 30 minutes. Steam peas for 10 minutes. Transfer to a bowl. Steam chicken for 20 minutes. Transfer chicken to a plate and cover with foil. Continue to steam rice for 10 minutes or until cooked.
4. Transfer rice to a large bowl. Shred chicken and add to rice. Add peas and remaining ingredients and stir to combine. Season with salt and pepper. Serve with lemon wedges.

Recipes (continued)

Minted Tabouli Salad

Serves: 4

- 1/3 cup cracked wheat (burghel)
- 1 bunch chopped fresh flat-leaf parsley
- 1/3 cup finely chopped mint leaves
- 1/2 red onion, finely chopped
- 2 medium tomatoes, chopped
- 1 tablespoon extra virgin olive oil
- 1/4 cup lemon juice
- Salt and pepper, to taste

1. Place cracked wheat and 1/2 cup of water into the rice cooker bowl. Place rice cooker bowl in one steamer basket.
2. Place lid on the basket and set timer to 20 minutes.
3. Drain wheat. Set aside for 15 minutes to cool. Place in a bowl. Add remaining ingredients and stir to combine. Season with salt and pepper. Serve.

Scallops with Chilli Ginger Dressing

Makes: 12

- 1 green shallot, ends trimmed, thinly sliced
- 1 garlic clove, crushed
- 1 tablespoon sweet chilli sauce
- 1 tablespoon lime juice
- 12 scallops, in half shell
- 1/2 long fresh red chilli, halved lengthways, deseeded, thinly sliced
- 3cm piece ginger, peeled, cut into matchsticks
- 12 fresh coriander leaves

1. Combine shallot, garlic, sauce and juice in a small glass bowl.
2. Clean scallops and arrange between steamer baskets. Top with chilli and ginger. Place lid on the basket and set timer to 5 minutes.
3. Transfer scallops to a large serving platter. Drizzle with sauce. Top with coriander leaves. Serve.

Recipes (continued)

Steamed Fish with Potatoes and Snow Peas

Serves: 4

4 x 100g washed potatoes
4 x 125g white fish fillets
150g snow peas, trimmed

Warm Dressing

1 tablespoon olive oil
2 tablespoon butter
2 cloves garlic, crushed
4 green onions (shallots), thinly sliced
2 tablespoons lemon juice
Salt and pepper, to taste
Lemon wedges, to serve

1. Place potatoes in one steamer basket. Place lid on the basket and set timer to 25 minutes.
2. Place fish in second steamer basket. Stack basket on top of potatoes. Place lid on the basket and set timer to 10 minutes.
3. Place snow peas in the third steamer basket. Stack basket on top of fish. Place lid on the basket and set timer to 5 minutes.
4. Meanwhile heat oil and butter in a small frypan over low heat. Add onions and garlic and cook for 1 minute or until soft. Stir in lemon juice. Season with salt and pepper.
5. Cut potatoes into 1cm slices. Arrange potatoes, snow peas and fish on a serving plate. Season with salt and pepper. Pour over dressing. Serve with lemon wedges.

Ginger and Soy Steamed Fish

Serves: 2

2 x 125g salmon fillets
2 green onions (shallots), thinly sliced
½ long red chilli, seeds removed, thinly sliced
½ tablespoon shredded fresh ginger
1 tablespoon light soy sauce
1 tablespoon water
Fresh coriander leaves, to serve

1. Place fish in the rice cooker bowl. Top with onions, chilli and ginger. Add soy sauce and water. Place the rice cooker bowl in one steamer basket.
2. Place lid on the basket and set timer to 10 minutes.
3. Serve fish with rice.

Herb Salmon Fish Fillets

Serves: 2

2 x 160g salmon fillets
2 green onions (shallots), thinly sliced
1 lemon, rind grated, juiced
2 tablespoons chopped fresh flat-leaf parsley
1 tablespoon chopped fresh dill
Salt and pepper, to taste
Mixed green salad, to serve

1. Place salmon in one steamer basket. Top with onion, rind, juice and herbs. Season with salt and pepper.
2. Place lid on the basket and set timer to 25 minutes. Serve with salad.

Recipes (continued)

Moroccan Chicken and Cous Cous

Serves: 4

1 ½ tablespoons olive oil
2 tablespoons lemon juice
2 teaspoons Cajun spice
600g chicken breast fillets
1 cup couscous
1 cup chicken stock
½ small red onion, thinly sliced
100g baby spinach leaves
Salt and pepper, to taste
Lemon wedges, to serve

1. Combine 1 tablespoon oil, lemon juice and Cajun spice. Brush chicken with mixture.
2. Place chicken in one steamer basket. Place cous cous, water and remaining oil in the rice cooker bowl. Place the rice cooker bowl in the second steamer basket.
3. Place lid on the basket and set timer to 20 minutes.
4. Transfer cous cous to a bowl. Using a fork separate grains. Add remaining ingredients and toss to combine. Season with salt and pepper.
5. Cut chicken into slices. Serve with cous cous and lemon wedges.

Pork Ribs with Barbecue Sauce

Serves: 2

2 tablespoons barbecue sauce
2 tablespoons tomato sauce
1 tablespoon sweet chilli sauce
1 tablespoon brown sugar
2 teaspoons Dijon mustard
2 x 375g racks pork spare ribs

1. Combine sauces, sugar and mustard in a large shallow dish. Add ribs and coat in mixture.
2. Place ribs between two steamer baskets. Place lid on the basket and set timer to 20 minutes.
3. Preheat oven to 200°C (180°C fan-forced). Place ribs on a wire rack over a baking tray. Bake for 30 minutes or until brown and caramelised.
4. Serve with steamed corn.

Recipes (continued)

Cauliflower and Broccoli Bake

Serves: 6

350g cauliflower, cut into florets
350g broccoli, cut into florets
40g butter
2 tablespoons plain flour
1 ½ cups milk
3 teaspoons Dijon mustard
1 cup grated tasty cheese
Salt and pepper, to taste

1. Place cauliflower in one steamer basket. Place broccoli in second steamer basket.
2. Place lid on the basket and set timer to 10 minutes. Transfer vegetables to a 20cm oven-proof dish.
3. Meanwhile heat butter in a saucepan over medium heat. Add flour, cook stirring for 1 minute or until mixture bubbles. Gradually stir in milk. Stir until mixture boils and thickens. Add mustard and ½ cup cheese. Stir until smooth. Season with salt and pepper.
4. Preheat oven to 180°C (160°C fan-forced). Pour sauce over vegetables. Top with remaining cheese. Bake for 30 minutes or until golden on top. Serve.

Pumpkin Ravioli

Serves: 4

300g butternut pumpkin, peeled, cut into 3cm pieces
¼ teaspoon ground nutmeg
75g fresh ricotta cheese
⅓ cup grated pecorino cheese
1 tablespoon finely chopped fresh sage leaves
Salt and pepper, to taste
275g packet gow gee pastry
100g unsalted good quality butter
¼ cup small sage leaves
Salt and pepper, to taste

1. Place pumpkin in one steamer basket. Place lid on and set timer to 30 minutes.
2. Drain pumpkin and place in a bowl. Add nutmeg, ricotta, pecorino and chopped sage leaves. Season with salt and pepper.
3. Place gow gee wrappers on a clean surface. Place about 2 teaspoons of mixture on one half. Brush edges with water. Fold over and press together to seal. Place pastry on a baking tray lined with baking paper. Cover with a clean tea towel. Repeat with remaining mixture and wrappers.
4. Arrange ravioli between three steamer baskets. Place lid on the basket and set timer to 12-15 minutes or until soft.
5. Meanwhile melt butter in a small frypan over medium heat. Cook, stirring until butter comes to the boil. When butter starts to brown add sage and remove from heat.
6. Transfer ravioli to serving plate. Pour over butter. Season with salt and pepper. Serve.

Recipes (continued)

Pears with Vanilla Bean Syrup

Serves: 4

- 1 vanilla bean, halved lengthways
- 2 beurre bosc pears, peeled, halved
- ½ cup caster sugar
- ½ cup water

1. Remove core from pears. Remove seeds from vanilla bean using a sharp knife.
2. Combine sugar, water, vanilla bean and seeds in a small saucepan. Stir over low heat until sugar dissolves. Increase heat to medium. Simmer for 5 minutes or until mixture thickens. Place in a bowl to cool.
3. Place pears in the rice cooker bowl. Add syrup. Place the lid on the basket and set timer to 10 minutes
4. Serve pears with syrup and ice-cream or cream.

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