

# Tupperware® SmartSteamer

## “Hot & Steamy”

- **Fail-safe, easy to use**
- **Breakthrough innovation** in microwave-steaming technology.
- **Steams everything** from vegetables, to tofu and fish.
- Eat **healthy, tasty** food.
- **Save money** on energy versus traditional stove steaming.
- **Sustainable** for the environment (saves energy and lasts a lifetime).



**Cover** - Two tabs allow for safe handling of the cover after steaming. Specific & unique design shields the food from microwaves, for authentic steam cooking.



**Colander** - Designed specifically for stack-steaming, in particular delicate and soft foods.



**Steamer Base** - Base is perforated to allow steaming process. Specific & unique design shields the food from microwaves, for authentic steam cooking. Ideal for steaming any type of food.



**Water Tray** - Two handles allow for safe handling after steaming. Minimum filling line indicates the exact amount of water to pour in the Water Tray before steaming (1 <sup>3</sup>/<sub>4</sub>-cup/ 400 mL).

## HOW IT WORKS

- The Steamer Base and the Cover have an inner shield not permeable to microwaves, so the microwaves bounce back to be directed to the water in the Water Tray.
- The water in the Water Tray turns to steam which goes through the bottom of the Steamer Base.
- The steam then cooks the food placed in the Steamer Base and the optional Colander.
- Microwaves do not come in contact with food in the SmartSteamer.

# SMARTSTEAMER FEATURES & BENEFITS

- Very **easy to** use: fill water, place food, stack, steam – for extraordinary & gourmet results.
- **Truly steams** all types of food in the microwave oven.
- **Steams** from **fresh or frozen** vegetables & fruits without altering the look or texture.
- Ideal to **soften skin** before peeling.
- Colander is suitable for **servng** when placed on reversed Cover.
- **Keeps food warm** – leave hot water in Water Tray, or pour warm water to avoid prolongation of cooking process (advisable for green vegetables) – keeps food warm for up to 30min.
- Colander allows **stack-steaming** & preparing an entire meal all at once.
- **Flavor your dishes** by adding spices, herbs, to the water in the Water Tray. DO NOT add or substitute water with low fat stock, essential oil or wine.
- **Saves space** compared to electric steamers.
- **Safe** to manipulate and carry.
- **Easy to clean**; dishwasher safe.

## BENEFITS OF STEAMING FOOD

*Steaming as a method of cooking is thought to pre-date the discovery of fire, when foods were steamed over hot springs or stones. Asian cooking has always use steaming as a main cooking method, both for health reasons and because ovens are rare.*

### Efficient Cooking

- Vegetables cook faster.
- No need to use oil as you would have to if you roasted vegetables.
- Easier washing up as no saucepans is required.

### Wellness Cooking

- Steaming allows cooking any type of food and is a well-known method for fat-free cooking. It also retains nutriments, fatty acids minerals and vitamins.
- Steaming does not mean bland cooking. The colors are more vibrant, the texture stays firm, the natural flavors are better preserved and the herbs or condiments can develop their aroma fully. Add herbs or spices to the water to add a specific taste. You can also accompany your meals with sauces for a richer taste.
- Steaming is perfect for the whole family – and a great way to introduce vegetables to children who will appreciate the festival of authentic colors and tastes on their plate.



## Tupperware® SmartSteamer

### Why is it so Smart?

**First**, unlike other microwave steamers, the revolutionary new SmartSteamer blocks microwaves from directly cooking the food. Instead, microwaves are directed to the Water Tray, causing the water to boil and the steam to rise for perfectly steamed food.

**Second**, it's very easy to use. Just add water to the Water Tray, vegetables or other foods to the base and cook. You can also steam two foods at once by placing one in the Colander and one in the Steamer Base.

**Third**, steam cooking is one of the healthiest ways to prepare foods because it retains nutrients, fatty acids and vitamins. Food colors remain vibrant, textures stay firm and natural flavors are enhanced for exceptionally tasty dishes.

**Fourth**, steam cooking in the microwave requires less energy than traditional methods. Less energy used means less impact to our environment. And finally, the elegant design and color make the Tupperware® SmartSteamer as beautiful for serving as it is to steaming.

# Tupperware Smart Steamer!

Can you put metal in the microwave? YES! And with the Tupperware Smart Steamer, it provides a fortress for your food. In the Smart Steamer, the microwaves don't cook or even touch your food. It's all done with steam! The nutrients stay in, the color stays in, and the TASTE stays in!



## Demo 1:

Rinse fresh green beans and snap off the ends. Move to the Salad Spin N Save to remove excess water. Place 1/3 of the beans in a saucepan with water and cook until done. Place 1/3 of the beans in a glass bowl with water, and microwave until done. Place 1/3 of the beans in the Smart Steamer with water in the base and steam 8 minutes. Compare the color, texture, taste. Consider what you can't see – the nutrients. Steamed veggies are better for you for two reasons:

- Vitamins don't wash away in the water
  - Steaming releases vitamins in many vegetables so that your body can use them.
- Other important points to consider:
- It is truly harder to overcook veggies when you are steaming them.
  - Steamed veggies are great served hot, warm or chilled with a variety of interesting dips and sauces.
  - Vegetables prepared in the Smart Steamer can be prepared ahead and kept warm over the steam.
  - Easy clean up! It's dishwasher safe!

## Demo 2:

Be creative – this is SO easy! Step one: go to [www.epicurious.com](http://www.epicurious.com) and type in “steaming” in the search box. You will come up with 43 pages of ideas to assist you in your creativity. Think in levels: what can you do in the base? You are NOT limited to plain water!

- Add fresh mint to the water and carrots above, steam for 8 minutes. Toss with butter and more mint that has been chopped in the Chop N Prep
- Add garlic, onion, celery with other herbs and spices when steaming chicken or potatoes.
- Fresh herbs. Tarragon or rosemary with baby red or fingerling potatoes above...and add some herbs with the potatoes too.
- Seasonings – bay leaves, Old Bay seasoning, crab boil, Italian herb seasoning – all these and more can turn vegetables, chicken or fish from blah to brilliant.
- Beer is a magical elixir when used to steam brats or shrimp.

## The colander:

- To make clean up easy when cooking chicken or fish, line the colander with lettuce leaves.
- Return to your scouting and camping days with dinner in a packet, but use banana leaves, parchment, or corn husks (hurray for tamales!) to wrap your meat or fish and veggies for a gourmet twist.
- Use the steamer to prepare grains by lining the colander with cheesecloth. Mix in vegetables and add chicken or fish above for a complete meal.
- Feeling down? Add fresh lemon slices or lavender to the water in the base, microwave for 4-5 minutes with the lid on the steamer, remove and open to inhale the delightful aroma, treat yourself to a mini facial, or open up sinuses.